

## Tai Chi for Arthritis

Improves flexibility, strength, balance and general well being. Improves relaxation.

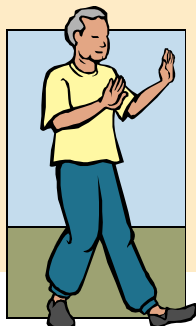
### Beginners Group

Led by Physiotherapist

### Community Tai Chi Group

Led by Arthritis Vic Trained Tai Chi Leaders

Monday 9.30—11.00am  
\$4 per session



The objectives, programs and activities of CDCH are designed to ensure:

*Individuals and community groups are empowered to achieve self direction in personal well-being and community health;*

*Health outcomes and general social well-being of the people in the surrounding region are improved; and*

*Community members receive the highest quality, accessible and responsive primary health, preventative care and community support services.*

Castlemaine District  
Community Health  
13 Mostyn Street  
CASTLEMAINE 3450

Phone: 03 5479 1000  
Fax: 03 5472 3221  
[email@cdch.com.au](mailto:email@cdch.com.au)

### Hours

Monday to Thursday 9.00am—5.00pm  
Friday 9.00am—4.30pm



Castlemaine District  
Community Health

COMMUNITY HEALTH  
Information Resources Promotion



# Physical Activity

*Your Health  
Your Community  
Your Community Health Centre*

*Facilitating  
Better Health*

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Castlemaine District Community Health (CDCH) offers a range of services and programs aimed at promoting health and preventing illness. These may be conducted on an individual or group basis.

*CDCH is part of your community*

## Physical Activity Programs

The National Heart Foundation recommends and promotes enjoyable active living for all Australians, with physical activity being incorporated into usual daily activity as well as participation in exercise and sport.

All people should aim to participate in moderate intensity physical activity for 30 minutes or more on most or all days of the week for health benefits.

Appropriate levels of physical activity help to prevent some of the most common chronic diseases and conditions including:

- ◆ Cardiovascular disease
- ◆ Respiratory disorder
- ◆ Some cancers
- ◆ Diabetes
- ◆ Injury
- ◆ Obesity

### Strength Training

Strength training and information program for Women and Men of all ages. Proven benefits include increased bone density, strength, energy and vitality.

New groups and self help groups offered at a range of session times.

Led by Physiotherapist.  
Initial assessment required.



Monday & Wednesday—1.00pm  
Tuesday & Thursday—9.00am  
Tuesday & Thursday—11.00am  
\$4 per session

### Heartsmart 'PLUS' (Cardiac rehab phase 3)

Exercise program for maintenance of heart health, mobility and fitness.



Led by Physiotherapist  
Tuesday—1.00pm  
\$4 per session

### Social Walkers

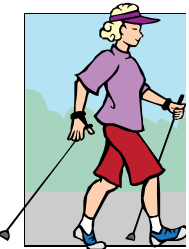
Meet at BBQ area in Castlemaine Botanical Gardens. A Community Health Nurse will be in attendance.

Tuesday & Thursday  
9.15am—10.30am  
No Cost

### Evening Social Walkers

Meet outside the Ray Bradfield rooms, IGA Car park. Walk for 1hour (about 5-6 kms).

Tuesday & Thursday  
7.30pm—8.30pm  
No cost



### Wednesday Walkers

Meet at CDCH at 10am.

A one hour walk, followed by a chat and a cuppa  
Wednesday 10.00—11.00am  
Cost \$1

### LifeBALL

A great social game involving lots of walking, ball skills and fun!

Mondays 2.30—4.00pm  
Wesley Hill Stadium  
\$3 per session

To access any service at CDCH please call Reception on 5479 1000

*Fees apply to some services, please enquire at Reception*