In this issue:

- Linking Melton South Mosaic Workshops
- OT Driving Assessment Clinic
- Diabetes Exercise Group
- Palliative Care Services
- Walking group
- Tai Chi for Health
- Falls Prevention Group

Services Spotlight

**Home-Based Falls Prevention Program**

Consists of:

1. **Falls risk assessment and referral to relevant services AND**
2. **Exercise program.**

You will be trained to complete strength and balance exercises which have been shown to significantly reduce falls.

You will complete exercises 3 times a week and go for a short walk 2 times a week over 12 months.

Ongoing support will be provided by a district nurse via telephone and coming out to your home.

To make a referral to the Home Based Falls Prevention Program contact: 9747 7609.
**Diabetes Exercise Group**

The Diabetes Exercise Group is a **7 week program** that provides support, education and exercises for each participant.

**You need to have:**
- a diagnosis of Type 2 Diabetes
- Impaired Glucose Tolerance.

An initial assessment is required prior to commencing in this program.

**Mondays: 10am—12:30pm.**

**Contact 9747 7609 to register your interest**

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**Tai Chi for Health**

Tai Chi is a type of martial art that has been adapted for clients to help with movement, balance and function. It is beneficial for clients who live with arthritis, diabetes, debility or chronic pain.

**When:** 10 week program, dates vary.

Speak to your allied health professional or contact 9747 7609 to arrange a referral to physiotherapy.

**BOOKINGS ESSENTIAL** as places are LIMITED.

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**Falls Prevention Group**

This 10 week program is for people who have decreased confidence with their balance or have had near misses or falls. If you are over 50 and have had falls or feel you may fall you are eligible to attend. The exercises in the classes are adaptable according to your level. Education about how to prevent falls is provided. An assessment is required prior to commencing.

**When:**
- **Bacchus Marsh:** Monday afternoons
- **Melton:** Friday afternoons

To make a referral contact Referral and Appointment Service on 9747 7609.