

VETERANS' HEALTH WEEK

Social Connection ~ *participate connect influence*



In association with Vasey RSL Care

Program: Hawthorn ILUs

Health

Australian Hearing

Australian Hearing will provide a general hearing info session: find out what's new, what products are around, and how to look after your hearing.



The talk will be followed by individual 15 minute appointments for a hearing test or a hearing aid check and clean.

Note: bookings required for tests.*

Get Moving, Keep Moving

Health in Balance are Accredited Exercise Physiologists who will teach you how to maintain and improve your physical strength, balance and muscle condition.



They will speak to you about how to incorporate simple exercises into your life to improve existing conditions, eg arthritis, osteoporosis, heart disease, diabetes, respiratory conditions, and improve your overall wellbeing.

Includes handouts.

Health Checkup

The Vasey RSL Home Care Team will provide an overview of the extensive options available to support you to live at home; how to maximise DVA services, and the differences technology can make in monitoring and maximising your health from home.



Individual blood pressure and health checkups available.

Note: bookings required for individual appointments.*

Relax

Feel Stronger, Healthier & Happier

Roman Kouzmenko will teach effective techniques for:

- Releasing residual tension around neck, shoulders, back, hips and knees
- Improving your body's ability to heal
- Increasing strength and flexibility
- Improving digestion



Try out tai chi, yoga and meditation.

Note: max 20 - please register to ensure your spot.*

Date: Tues 25 Oct
Time: Health: 10am - 1pm
Relax: 1.30 - 4.30pm
Location: Community Hall,
14-18 Manningtree Rd

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Note: all sessions are completely FREE for members of the Ex-Service Community - veterans and war widows.

* Some sessions have limited places, available on a first-come-first-served basis and/or numbers are required for catering purposes.

Please use the booking form enclosed to reserve your place.

About the Providers:



Australian Hearing is the nation's leading hearing specialist and largest provider of Government funded hearing services. They were established by the Australian Government in 1947 to provide hearing services to children affected by rubella and veterans with hearing damage from WWII.



Health in Balance Exercise Physiology specialises in tailored, evidence-based exercise programs & education for older adults. With backgrounds in exercise science & rehabilitation, their accredited exercise physiologists understand that each person has different goals, conditions, and physical functionality.



The **Vasey RSL Care Home Care Team** provides care, services and advice, so you can live at home in your local community with confidence. Care advisers spend time with you and your family to understand what is important to ensure you get the care and support that best suits you.



Roman Kouzmenko is a registered senior yoga teacher and member of Yoga Australia. He has more than 15 years teaching experience in Tai Chi, Qi Gong, Yoga and meditation in Australia, Asia and Europe. His style of teaching is joyful and informative, focusing on the health benefits of physical movement and meditation.

