

Supermarket Tours for Healthy Eating



For anyone who is interested in improving their lifestyle and health

Most of us know that we should be choosing foods that are low in fat, sugar and salt but also high in fibre, but do we actually know **HOW?**

Join our

Coles or Woolworths Supermarket tours (1½hours) with New England Division of General Practice and Community Health Dietitians and find out how to unravel the mysteries of nutrition claims and labels.

2 Sessions each Month
1.30 pm or 6.00 pm

To book your tour phone
New England Division of General Practice on 6771 1146

A FREE SERVICE

offered by New England Division of General Practice and Armidale Community Health.

Working together for the Community



New England Division of General Practice (NEDGP) is working towards

- Maintaining and improving standards of General Practice
- Bringing General Practitioners closer to the community
- Identifying the health care needs of the community within its boundaries and facilitating programs and services to meet those needs
- Providing educational and practical support for the optimal delivery of primary health care in the Division area
- Facilitating links between General Practitioners and other health care professionals throughout the Division
- Promoting research programs which focus on issues relating to rural General Practice

213 Rusden St, Armidale, 2350 NSW
Send to : PO Box 1321, Armidale NSW
Contact : 02 6771 1146 Fax: 6771 1170
www.nedgp.org.au



Armidale exercise and education options for a healthier lifestyle

New England Division of General Practice supports and promotes exercise and education for Chronic Disease Management

HUNTER NEW ENGLAND
NSW HEALTH

Patient Information





Armidale exercise and education options for a healthier lifestyle

Exercise for prevention

Armidale Heart Health Program. A 6 week program of education and exercise conducted at Armidale Rural Referral Hospital for people with heart disease, risk factors or following surgery. A GP referral is needed. Contact the New England Division of General Practice on 6771 1146 for more information.

Exercise classes. Light to moderate paced exercise sessions led by a physiotherapist. Suitable for graduates of Cardiac Rehabilitation. Held on Wednesdays 5:00-6:00pm and Saturdays 10:30-11:30am at the Armidale Rural Referral Hospital Rehab Gym. Contact Gillian Traise on 0414 674 519.

Activity, Strength and Balance classes. Wednesdays 8:45—9:30 am at the Masonic Village. Contact Gillian Traise on 0414 674 519.

Activity, Strength and Balance classes. Tuesdays and Thursdays 3:30-4:15pm at Kent House. Contact Michelle Fittler on 0408 025 127

Pulmonary Rehabilitation Program

An 8 week group program suitable for people who have underlying chronic lung disease and who are limited by breathlessness.

A GP referral required for this program. Contact the Coordinator on 6776 9804.

Low to moderate paced exercise programs are available from the following instructors who have completed HeartMoves training:

Chris Doherty at TAS

0414 984 378

Mick & Coll's Fitness Centre

6771 2777

John Harlow & Sue Mason at SportUNE

6773 3856.

Education for prevention

The New England Division of General Practice (NEDGP) provides **FREE** Heart Health education sessions for patients with Diabetes on recommendation from a GP.

Sessions available:

Exercise and Chronic Disease Guidelines for safe exercise for those with diabetes and heart disease. Presenter: **Gillian Traise, Physiotherapist.**

Diet and Chronic Disease

Guidelines for choosing a healthy diet for those with diabetes and heart disease. Presenters: **Gillian Woodward** and **Erin Fisher, Dietitians.**

Medications and Chronic Disease

Understanding your medication, for those with diabetes and heart disease. Presenter: **Therese McGuren, Pharmacist.**

Venue: Rehabilitation Gym, Armidale Rural Referral Hospital

Bookings:

Contact the NEDGP on 6771 1146 for times and dates of sessions.

Need more help?

Ask your Doctor to recommend a health professional trained in:

- exercise advice
- injury prevention
- nutrition
- diabetes education
- or for a referral to the Cardiac Rehabilitation Program.

For more information contact the Heart Health & Diabetes Program Manager, New England Division of General Practice on 6771 1146

To quit smoking

Locally:
Psychologist

(see yellow pages)

Community Health

6776 9600

Smoking cessation counsellor

(MyHealth Australia) 0427 037 774

Contact **Quitline** on 131 848

for a **free** confidential call back service.

Hours 7.00am-10.00pm