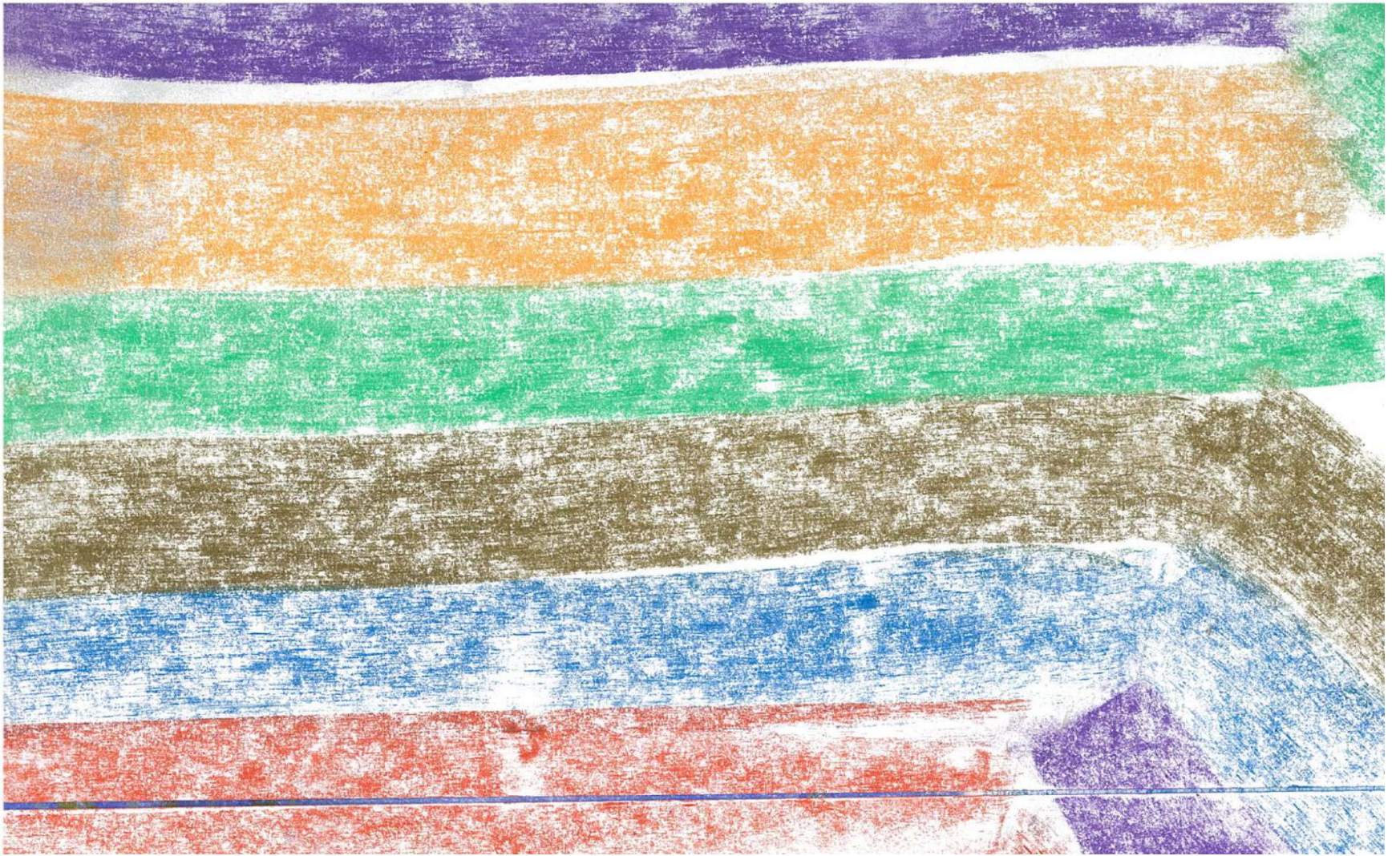


# Well for Life

*Stay healthy  
...be Well for Life*











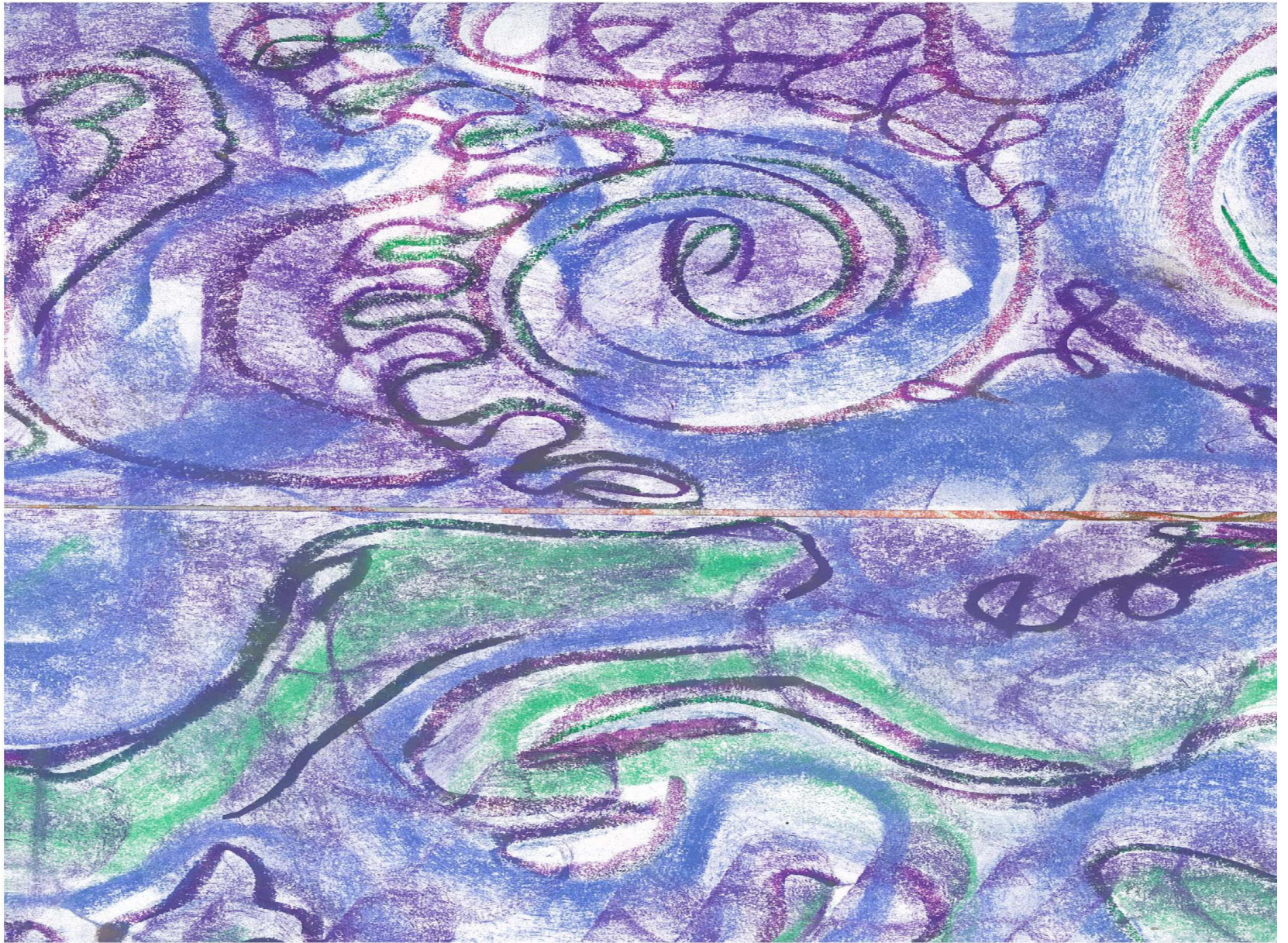












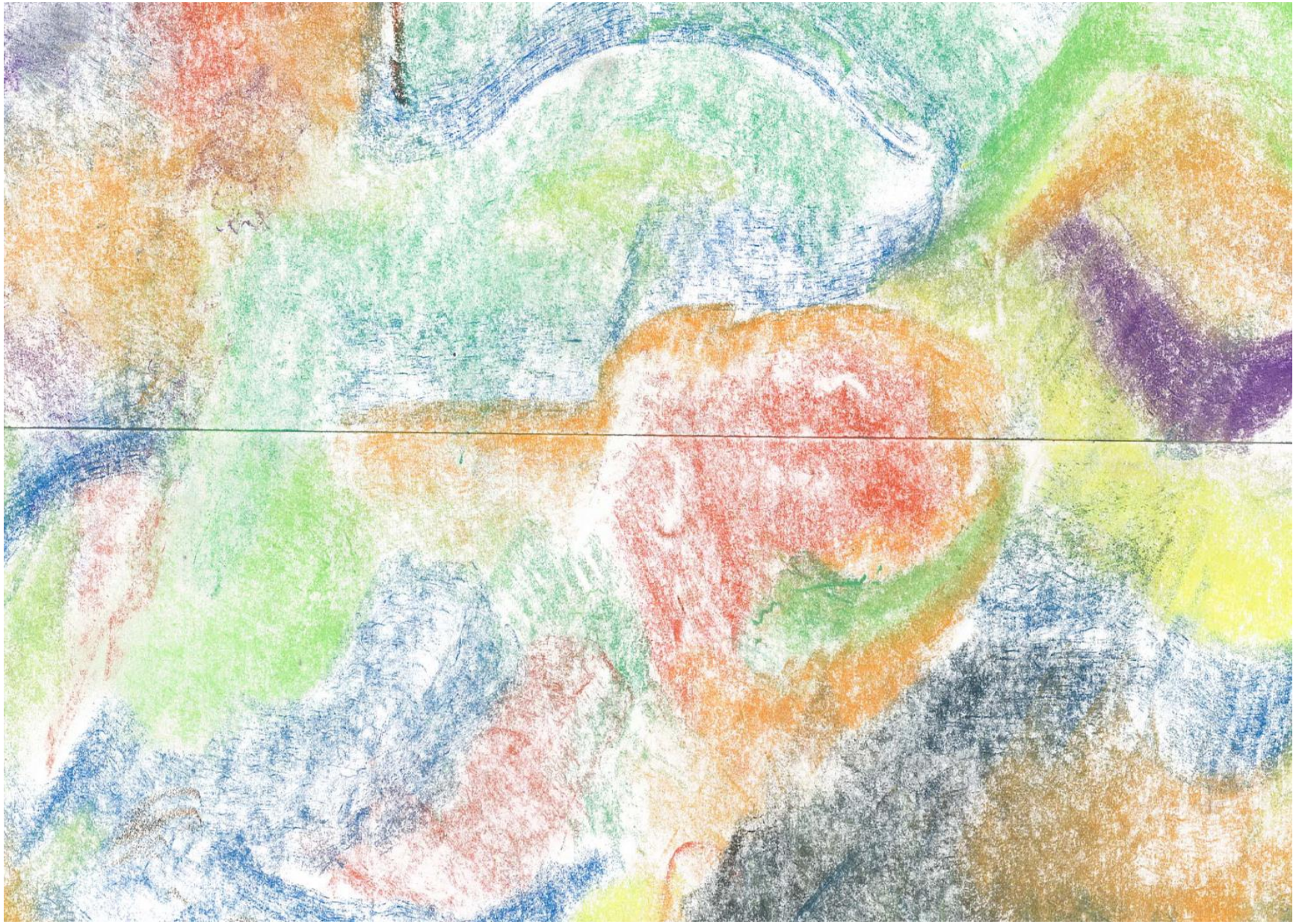










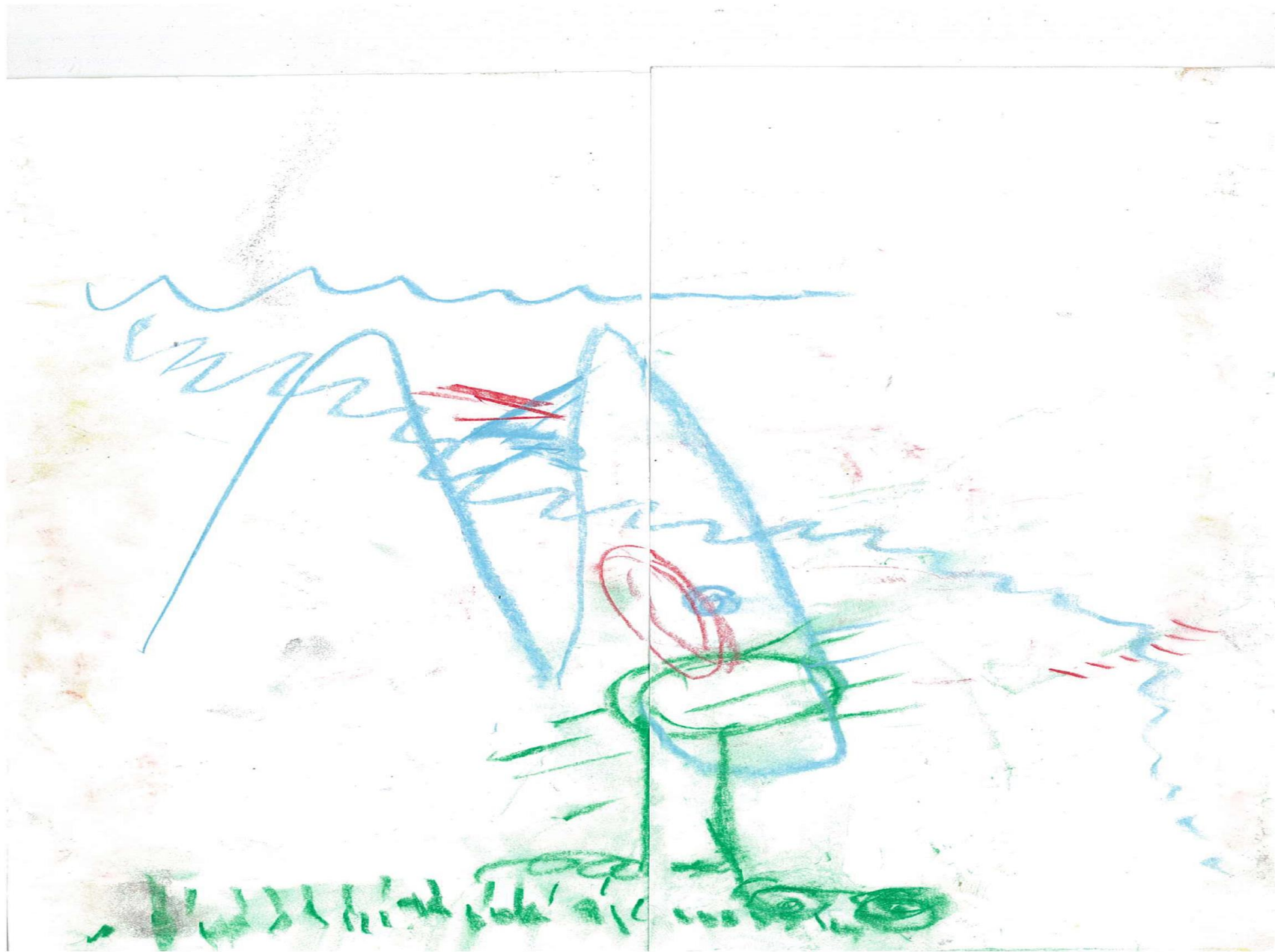




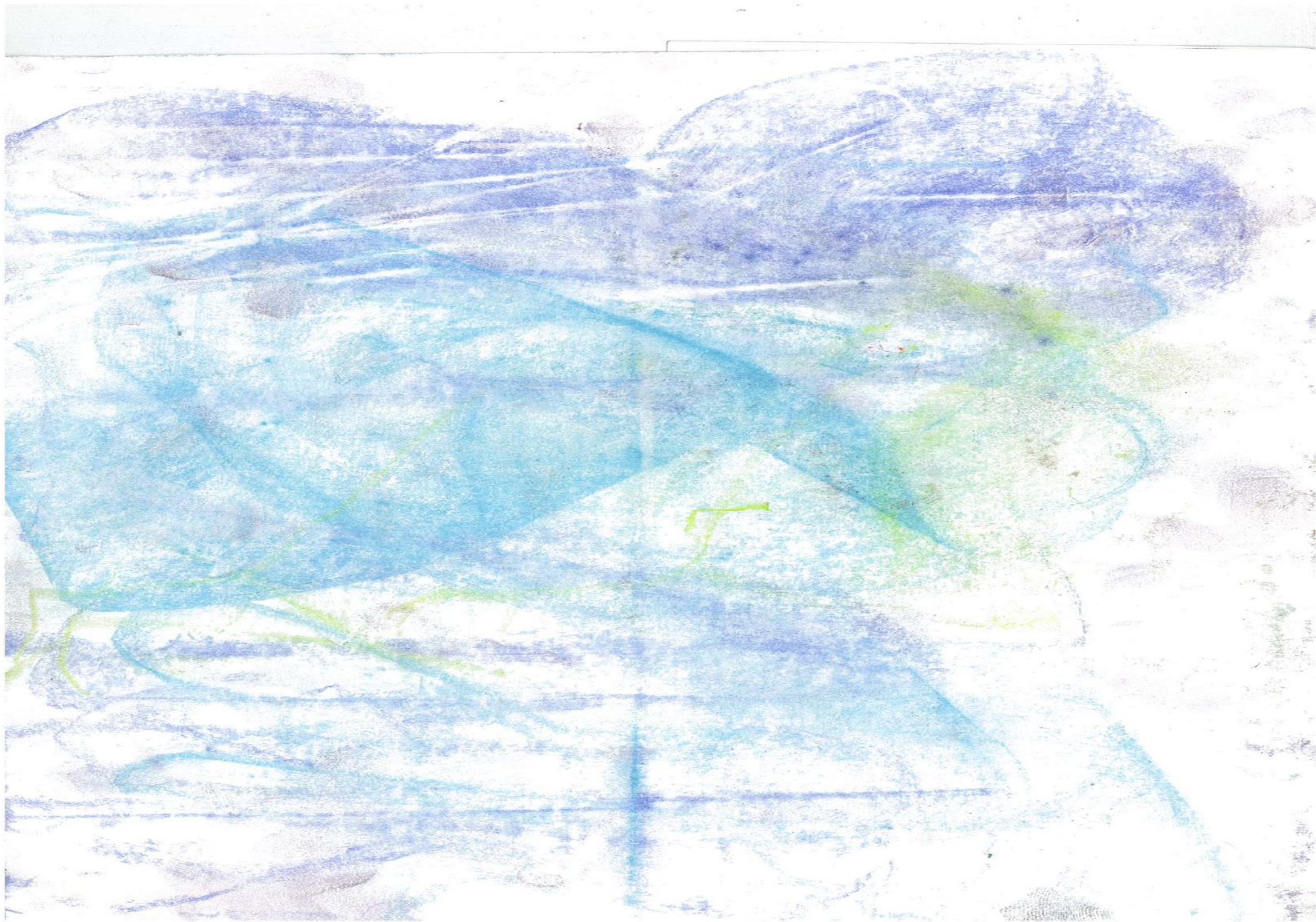










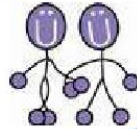


## Good Nutrition

Include daily:

1 small serve of meat, fish, poultry or eggs  
3 serves fruit  
4 serves vegetables  
5 + serves bread or cereals  
6-8 cups of fluid water, tea, coffee or juice

Share a meal with a friend



## Physical Activity

\* Walk to the letter box

\* Age is no barrier to exercise



\* Go for a swim at the local hydrotherapy pool



\* Gardening is exercise

\* Go dancing

Stay Healthy  
be  
Well for Life

\* Join a group or a club

\* Have regular health checks

\* Invest in a pet

\* Exercise your mind

\* Be a volunteer



\* Drink lots of fluids

## Emotional Wellbeing

## *Community Directory*

### **Yarra Ranges Council**

1300 368 333

### **NURSE-ON-CALL**

1300 60 60 24

### **National Dementia Help Line**

1800 100 500

### **Commonwealth Carer Respite Centre**

1800 059 059

### **Heart Health Information**

1300 362 787

### **Australian Council on the Ageing**

1800 182 324

### **Eastern Ranges After Hours**

#### **Medical Service**

377 Maroondah Hwy, Healesville

1300 766 858

### **Ranges Community Health Service**

1624 Burwood Hwy, Belgrave

Phone9754 8963

### **Caladenia Dementia Care**

Meadowbank House, 11 Hilledge Ln,

Mooroolbark

Phone9727 7222

### **Golden Wattle Planned Activity Group**

1 Joffre St, Healesville

Phone5962 2588

### **Mt Evelyn Planned Activity Group**

Mt Evelyn Senior Community Centre

49 Birmingham Rd, Mt Evelyn

Phone9754 5699

### **Riverside Planned Activity Group**

Yarraburn Senior Community Centre

1 Park Rd, Yarra Junction

Phone5967 2894

### **Sherbrooke Cottage Planned Activity Group**

5 Campbell St, Tecoma

Phone9754 5699

### **Wandin Planned Activity Group**

Wandin Nth Senior Citizens Centre, Wandin

Nth

Phone5967 2108

### **Upper Yarra Assisted Transport**

Yarra Ranges Community Link, Yarra

Junction VIC 3797

03 5967 2875

### **Healesville & District U3A**

Senior Citizens Centre

Cnr Green & River St, Healesville

Phone5962 1990

### **Sherbrooke U3A**

Phone9754 2031/9758 8023

### **My Doctor**

---

### **Emergency contact**

---















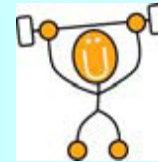




*Thank you*



*for*



*Attending*

**Send enquiries to:**

**[t.larkman@yarraranges.vic.gov.au](mailto:t.larkman@yarraranges.vic.gov.au)**

