

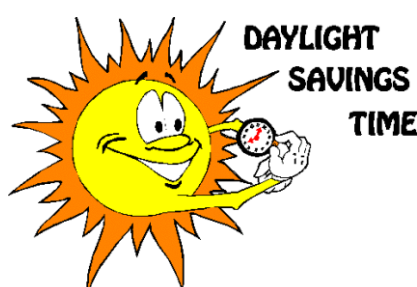
Aged & Disability Services
HACC & CHSP NEWSLETTER – SEPTEMBER 2017

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DAYLIGHT SAVINGS

Victoria's period of daylight saving will start at 2:00am on Sunday 1 October 2017. At 2:00am standard time (Eastern Standard Time) move clocks forward one hour.



LIVING WELL IN SEPTEMBER



Gateway Health is Celebrating R U OK day and Dementia Awareness Month.

Dementia Awareness Month

World Alzheimers Day is celebrated during Dementia Awareness month as Alzheimer's disease is the most common form of Dementia in Australia, accounting for about two-thirds of cases. Dementia affects the ability of a person to perform everyday tasks including their ability to plan, organise thoughts and socialise. Taking care of your brain can reduce your risk of developing dementia in later life.

Attending exercise and social groups such as the following will help you tick 3 of the steps

1. Look after your heart
2. Do physical activity every day
3. Mentally stimulate your brain
4. Follow a healthy diet
5. Enjoy social activity

Tai Chi 45-47 Mackay Street, Wangaratta

Cost: \$5.00 Booking required contact (03) 5723 2000

A gentle form of exercise that is relaxed and slow in tempo designed to improve co-ordination, build muscle strength, improve balance and mood.

Steady, Ready Go 45-47 Mackay Street, Wangaratta

Cost \$5.00 Booking required contact (03) 5723 2000

This exercise program provides the opportunity for participants to improve their balance, flexibility and strength and reduce the likelihood of having a fall. Transport provided on request. Lunch catered for at the venue from 12.00pm-1.00pm at additional cost if participants wish to partake.