



Heart Health Program 2016

Thursdays 8:30 – 1pm
hearthealth@dyhs.org.au

Derbarl Yerrigan Health Service
 Ph: 9421-3888



FEB	4th February What is BP?	11th February Warning signs Heart attack & Basic CPR	19th February Healthy Feet & Aust. Healthy Weight Week	26th February Australian Hearing	
MAR	3th March Can my bladder change with diabetes or age? And Women's Health.	10th March HH 7 th B.Day** Fats Good or Bad?	17th March Preventing & managing Arthritis & DESMOND PROJECT	24th March Your medications by RPH Pharmacist & DESMOND PROJECT	31st March Lung awareness Asthma Educator & COPD Nurse
APR	7nd April Foodbank – Budget/costs food cooking	14th April <i>Healthy Kids,</i> Foodbank – week 2	21st April <i>Healthy Kids,</i> Foodbank – week 3	28rd April <i>Healthy Kids,</i> Foodbank – week 4	
MAY	5th May HEART WEEK	12th May Healthy feet? How does your Heart work?	19st May Risk factors of the heart disease	26th May <i>Kidney Week</i> How to keep healthy Kidneys?	
JUNE	2nd June Moorditj at centenary House = BBQ	9th June Heart tests doctors order	16th June How does thyroid, liver, and pancreas work?	23rd June What is Heart failure?	30th June Sleep- important? Sleep apnoea.
JUL	7th July NAIDOC week (closed)	14th July <i>"Heart Health for Kids"</i>	21st July Lung Awareness By RPH Asthma educator	28th July Can my bladder change with diabetes or age? And Women's Health	

09:30 am - Diabetes education session

10:00 am - Walking group

10:30 am - Weights session

11:00 am - Health education

12:00 pm - Heart Education session with free lunch



School holidays





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AUG	4th August What is angina vs Heart Attack?	11th August Australian Hearing	18th August Your Medications by RPH pharmacist	25th August How to keep healthy Kidneys?	
SEP	1st September Warning signs of a Heart attack.	8th September RU OK? Day & Stress	15th September What is a Stroke? Can you prevent it?	22nd September Risk factors of heart disease	29th September Benefits of exercise
OCT	6th October "Heart Health for Kids" "warning signs of a Heart Attack" Basic CPR	13th October Good Fats vs Bad Fats	20th October WALK OVER OCTOBER at Kings Park <i>with Heart Foundation</i>	27th October Can my bladder change with diabetes? Women's Health.	
NOV	3rd November Lung Awareness. By RPH Asthma educator	10th November What is blood Pressure?	17th November Heart tests doctors order	24th November How to keep healthy Kidneys?	
Dec	1st December Medications and there effects. By RPH pharmacist	8th December Christmas party @ DYHS 10-2pm	15th December Review	22st December Closed	29th December Closed
	5th January 2017 Closed	12th January 2017 New Year's Resolutions - Goal Setting	19th January 2017 Benefits of Physical activity	26th January 2017	



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