



## OTWAY HEALTH & COMMUNITY SERVICES

Serving our communities in Apollo Bay, Beech Forest, Forrest, Glenaire, Hordern Vale, Kennett River, Lavers Hill, Separation Creek, Skenes Creek and Wye River  
75 McLachlan Street Apollo Bay VIC 3233  
Ph: 5237 8500 e:otwayhealth@swarh.vic.gov.au  
www.otwayhealth.com.au

3<sup>rd</sup> November 2011

### ~ INVITATION TO ALL ~

The Board of Otway Health cordially invite you to the 17<sup>th</sup> Annual General Meeting on Thursday 24<sup>th</sup> November at 7pm Krambruk Room, Apollo Bay Hotel.

Open to the public, the Annual General Meeting is your opportunity to hear about what has been happening at Otway Health and Community Services, what the plans are for the coming year and to see our Annual Report.

#### MARRAR WOORN NEIGHBOURHOOD HOUSE



**COMING FRIDAY NIGHT 4<sup>th</sup> NOVEMBER**  
**Solar Power Info Night**

Everything you wanted to know about solar power but didn't know who to ask. Mike Lawrence works in the industry and knows everything there is to know about it (well nearly everything). Mike is coming to Apollo Bay next week for an information night. All your questions can now be answered. Please call Magaer Lennox on 5237 7521 for more information.

**When:** 7.30 pm Friday 4th November

**Where:** Marrar Woorn

**Cost:** Gold coin donation



#### LAVER'S HILL COMMUNITY HOUSE

Mon & Thurs 10.00am – 4.30pm  
Laver's Hill Hall – Follow the Flags  
**Phone Karen: 0417 948 522**

#### **The Five Tibetan Rites**

Exercises for Healing, Rejuvenation and Longevity. This will be a three hour workshop.

**Venue:** Laver's Hill Hall

**Date:** Saturday 19th November

**Fee:** \$50pp. 10 people required for workshop to run



#### **Mosaic weekend workshop**

Venue: Art Room & Outdoor Area  
Laver's Hill K-12 College

Tutor: Robyn Wallis

Date: Sat 19th & Sun 20th November

Time: 10.00am – 4.00pm

**Fee:** \$80 (total cost for two days)

*For bookings, please call Karen on 0417 948 522*

#### Community Services:-



#### **DO YOU NEED YOUR EYES CHECKED?**

Eye Care 2 You will now be in Apollo Bay on Friday 18<sup>th</sup> November (Note change in date from 4<sup>th</sup> November).

All consultations are bulk-billed; all you will need to pay for is your glasses.

*For information or bookings for this services please call Otway Health on 5237 8500.*

#### **Making your Forties and Fifties Fabulous**

Women's Health Night:

Your Hormones -Your Libido - Your Health

A fun and informative evening of discussion and learning led by guest speaker Judith Fleming, Gynaecologist. Super Provided

**When:** 7pm to 9.30 pm, Thursday 10th November

**Where:** Birregurra Community Health Centre

This is a **free event** supported by the Jean Hailes Foundation for Women's Health and PapScreen Victoria.

*To register your interest to bus or carpool please contact Reception on 5237 8500 by Monday 7<sup>th</sup> November.*

#### FORREST NEIGHBOURHOOD HOUSE

Mon 1.00pm-3.00pm, Tues 9.00am-12.00pm

Thurs 9.00am-4.00pm

Forrest Hall

Ph: 5236 6591



**This Saturday 5<sup>th</sup> November at 8.00pm at Forrest Hall**

**Forrest Op Shop Ball** - Featuring reggae/rock outfit "Beachnicks" \$10 entry. Wear your outrageous, outlandish original Op shop attire and strut your stuff on the Red Carpet Catwalk. Cafe open.

**Bingo Next Monday 7th November** 1.00pm – 3.00pm  
\$5 for two books, yummy arvo tea provided.

#### **\*\*CHANGES AFOOT\*\***

Someone once said that a change is as good as a holiday, so that means it is time for a bit of a shake up, and as such we will shortly be unveiling our **new look** Otway Health & Community Services page in The Apollo Bay News. This page will reflect current health information as well as keeping you up-to-date with Community Services. Stay tuned!

*"There are always flowers for those who want to see them." ~ Henri Matisse*