NURSING & ALLIED HEALTH SERVICES

Movement is key for mobility, stability & pain management

You can work with our Nurse and Allied Health team to tailor a home exercise program to achieve your goals and/or join one of our various exercise groups which are run in 10 week blocks:

Hydrotherapy/Aqua

Pain & Exercise

Strength & Balance

Mens Weights for Mates

Heart Foundation Walking Group

CONTACT INFO

03 6261 7327

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10-12 The Avenue, New Norfolk

www.corumbene.org.au/rural-primary-health-program/

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Follow us on Facebook - Rural Primary Health

Our program is supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program

Corumbene
Rural Primary Health Program

Rural Primary Health

Manage your health conditions and live your best, with our support

OUR RANGE OF SERVICES

Empowering you to maintain your independence & wellbeing

- Care Coordination with a Registered Nurse
- Vitals checks - blood pressure, weight, heart rate & fitness assessments with progress tracking
- Health education to better understand & manage your health
- Setting realistic goals to improve your wellbeing
- A range of exercise classes for pain, strength, balance & improving mobility
- Assistance with referrals and connecting you with services you need to achieve your health and lifestyle goals

WHO IS ELIGIBLE?

- All ages - no restrictions
- Must have one of the following health conditions:
  - Heart disease (or high risk factors)
  - Lung disease (eg. COPD; Asthma)
  - Muscle/bone condition (eg. Arthritis)
  - Diabetes
- Must live in one of three Local Government Areas:
  - Derwent Valley
  - Central Highlands
  - Southern Midlands

FREE HEALTH SERVICES

PHYSIOTHERAPY & NURSE CLINICS

Bringing care closer to you

We hold monthly physiotherapy and nurse clinics in the following rural locations for easier accessibility

Bothwell

Bothwell Medical Centre
13-17 Patrick Street
Bothwell

New Norfolk

Rural Primary Health
L1 Derwent House
10-12 The Avenue
New Norfolk

Southern Midlands

Kempton Memorial Hall
89 Main Street
Kempton

Midlands Multi Purpose Health Centre
13 Church Street
Oatlands

Ouse

Central Highlands Community Health Centre
16896 Lyell Highway
Ouse