



Health Promotion aims to help people live healthy lives.

We believe that to do so you need to eat, move and smile. As a community we need to eat more fruit and veg, move more often and smile together. Our work focuses on these areas—healthy eating, active living and mental health.

The Health Promotion Department provides health information, education & promotion to individuals, early childhood services, schools, organisations and community groups.



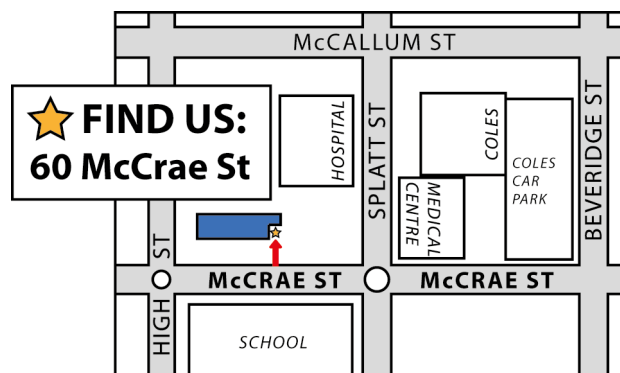
The Health Promotion Department produces a bimonthly newsletter to keep you up to date with all of our current programs and information. Subscribe via our website at <http://eatmovesmile.shdh.org.au> or contact us if you would like to be on our mailing list.

- www.facebook.com/eatmovesmilesdh
- Instagram @eatmovesmile



Parking

2 hour parking is available
in front of the building at
60 McCrae Street.



Health Promotion



Programs, information & services for our community.

eat. move. smile.

For more information contact:

Health Promotion
Swan Hill District Health, Swan Hill, 3585
Email: hpreception@shdh.org.au
Phone: (03) 5033 9337 Fax: (03) 5036 4561
www.shdh.org.au
<http://eatmovesmile.shdh.org.au>
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VENUE:
8:30am-5:00 pm
60 McCrae Street
Swan Hill, 3585



Swan Hill
District Health
my hospital

Community Health Nursing

Well Women's Clinic

Cervical screening tests, breast awareness education, contraception advice, fertility awareness, pregnancy options counselling, menopause issues, continence, diaphragm fitting.



Diabetes Education & Information

Provided by Credentialed Nurse Diabetes Educator.

Clinic 60 (Youth Sexual Health)



Provides free Chlamydia & Gonorrhea testing, contraception advice, pregnancy testing & options counselling for those under 26 years.

Dietetics

Dietetics Clinic

Individual appointments with an Accredited Practising Dietitian for community members regarding any nutrition issue or chronic condition (including diabetes) requiring dietary advice, women planning or in pregnancy and parents of infants and young children in regard to nutrition and feeding issues.

Supermarket tours

A tour of the local supermarket is provided by a Dietitian as required. The purpose of this tour is to provide education about healthy choices & how to read food labels and understand nutrition claims. Tours are open to all and bookings are essential.

Early Years Services

The early years are so important for lifelong health and wellbeing. We are here to support you from pregnancy through to early childhood so you have the skills to set you and your child up to live a healthy lifestyle.

Healthy Beginnings



Come along to this lunchtime session facilitated by a Dietitian and a Physiotherapist to set you up for a smooth pregnancy and have any questions answered. Topics covered include foods to eat and avoid during and your body and pelvic floor during pregnancy. 1st

Thursday of the month 12.15-1pm at Health Promotion.

Infant Program

Group sessions are provided to parents of young infants over the first year of life at relevant stages, to provide education and support regarding nutrition, play and parenting. Sessions are held for 3, 6, 9 and 12 month stages, on Tuesday mornings at Health Promotion.



Breastfeeding Support Service



Experienced midwives are available to support you with all things breastfeeding. We want to see you through any tough times so you can be comfortable and enjoy early motherhood. We can visit you at home or you can come and see us at Health Promotion. Contact us for more information.

Youth Program



This program aims to increase participation, access and recognition of

young people aged 12 to 25 years in Swan Hill and District. The program includes a range of activities that provide opportunities for young people to engage in community life.

Refugee Health Nurse

The Refugee Health Nurse Program aims to increase refugee access to primary health services; to improve the response of health services to refugees' needs & enable individuals, families and refugee communities to improve their health and wellbeing.

Program/Service Bookings

To find out more information about our services or make a booking contact Health Promotion by calling in at 60 McCrae Street or phone: (03) 5033 9337.

All our services are highly confidential.

Fees

A small fee is charged for some services, please let your health professional know if this is a problem for you. Our services are free to young people.