

# Health Central Headlines

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Nicole and Sharon will do all they  
can to assist you

## Out and About



Lakeside Lightning team member Kristi Channing and Health Central OTI help Erin Scholz to celebrate her birthday



Lakeside Lightning team member Erin Scholz and Laurie Farrow share the birthday cake



Practitioner Larissa wins Silver in the under-47kg Tae Kwon Do Commonwealth Selections

## *Did you know...*

*In the time it takes to read this sentence, 50,000 of body cells will die and be replaced with new ones!*

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## Workshops in the Community

Practitioners at Health Central OTI are continuing their mission to help the community learn about keeping their bodies healthy and strong. A wide range of complimentary workshops have been held to help people return to and maintain good musculoskeletal health.

Workshops held so far have included Soccer, Touch Rugby and Rowing workshops. We aim to help team members to understand how to maximise strength, speed, endurance and accuracy – Supporting our local sports teams so they can perform at their best and win their games!

Many workplaces have also hosted education seminars.

Hairdressers, fitness instructors and office professionals have all had the chance to learn a few tips to help decide the best set-up and methods in their very different workplaces. Staff have been able to get



the most out of their day - and still have a bounce in their step at the end of it!

A "Setting up your workstation" workshop (for any of us who leave work a little bit sore and tired) will be held at 2pm, Saturday July 1st at the nearby Fabton Health and Fitness Studio. Clients, family and friends are all invited to attend at no charge (big thanks to Fab for allowing us to use his Applecross studio!). The 1 hour workshop will be run by practitioner Sue.

To attend or enquire about the seminar, give Health Central OTI a call on 9316 4222 or just ask Sharon and Nicole on your next visit! Make sure you book in before it fills up!

## New Practitioner at Health Central OTI

As of this month, Health Central OTI Ardross has a new practitioner! To help Lauren get to know Health Central OTI and its clients, she held an open day on Saturday 27th May. Clients, friends, Occupational Therapy School staff and community members helped her to celebrate her first week and enjoyed the



chocolate and other goodies she provided!

Health Central OTI Ardross treating hours are: **Monday to Saturday, 6:50am through to 6:30pm.** Appointments can



be made by phone or in person. Client co-ordinators Nicole and Sharon will assist you with booking appointments.