

# Health & Wellbeing Session

Come along and join Heartbeat Victoria and Goulburn Valley Health to learn more about your heart and general health and wellbeing.

Focusing on community groups, programs and services available for our community.

- Health coaching
- Heart Foundation Walking Group
- Heart Peer support
- Hospital Admission Risk Program – Disease Management Team
- Community Health Coordinator

Enjoy a friendly and welcoming atmosphere!

**Where:** Tatura Community House

**When:** Monday 18th May

**Time:** 1pm - 3pm

**Cost:** FREE - Afternoon tea provided

12-16 Casey St, Tatura  
Mon - Fri 9:00am – 3:00pm  
Ph: (03) 5824 1315  
[www.tatcom.vic.edu.au](http://www.tatcom.vic.edu.au)



In partnership with:



**Heartbeat  
Victoria**

