



Hello, all members and friends.

Hope all is going well for you.

I know some members are planning holidays over winter in warmer places and looking forward to this time.

All the best with your plans and enjoy your time away, in whatever you do.

Arthur and I are looking forward to going to Queensland in late May.

Up and coming events

HB GV Branch dinner meeting, Monday April 13th at the Peppermill Inn, Shepparton

6.00pm dinner

7.00pm, Guest presenter: Deputy Director GVH Pharmacy

Stephanie Chan

Stephanie will join us for dinner and speak about medications used in cardiac disease management and the role of the new medications used in management and prevention, also answer any questions you may have in relation to medications.

Coffee morning, Thursday April 16th 1030am, Degani Café, Riverside Plaza, Shepparton

No Luncheon in April

HB GV Branch dinner meeting, Monday May 4th at the Peppermill Inn, Shepparton

6.00pm dinner

7.00pm Guest presenter: Ambulance Victoria

Will provide update on CPR and AED.

All members and friends welcome to attend events

Heartbeat Tatura Group

Walk Monday April 13th at 9.00am meeting at Tatura Community House.

This will be the last walk at the 9.00am time, as on April 20th we go back to 10.00am start.

All walks are followed by morning tea at the Community House.

Looking forward to seeing Tatura members at our dinner meeting in Shepparton on April 13th

“Health and Wellbeing Session” at Tatura Community House on May 18th , 1-3.00pm

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, including.

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

Afternoon tea provided.

Please all members put this event date on your calendar and invite friends to attend.

Advertising will be available next week

Don't forget to organise your Flu Vaccine for this year!

All the best, keep well and happy.

See you at a Heartbeat event soon.

Kind regards,

Robyn Fennell, Secretary