

2010 Events & Happenings

at Kareena Private Hospital



MARCH

6 > GP's – 'Maybe Baby'

An active learning module in Women's Health & Maternity
40 category 1 points

10 > 'Back into the swing of things'

Contact: Mariela Chisari & ESU Team ext 2225

24 > 'Post ISO celebration'

Contact: Mariela Chisari & ESU Team ext 2225

22-26 > Seniors Week

A range of fun events.
Venue: Various locations

Contact: Mariela Chisari ext 2225

APRIL

19-24 > Wellbeing Week

Come and join in the activities and events that the team have in store for us this year and feel GREAT!!

Contact: Mariela Chisari & ESU Team ext 2225

MAY

4-15 > Kareena Biathlon

Get your joggers on and get ready to pound the treadmill or cycle up a storm.

Venue: Rehabilitation Gym

Contact: Allied Health ext: 2181

4-10 > Heart Week

Free blood pressure, pulse & glucose checks, information on healthy living for a healthy heart.

Venue: Kareena Foyer & Community Libraries

Contact: Catherine Western & the CCU Team ext: 2309

10 -14 > National Volunteer Week

Come and join us to say 'thank you' for our wonderful volunteers.

Kareena Private Hospital Foyer

Contact: Christine Woodcock & ESU ext 2322

12 > International Nurses Day

Whether you are a nurse or not, celebrate this BIG day in health.

Venue: Various

Contact: DCS ext 2202

28 > Australia's Biggest Morning Tea

A great fundraiser for cancer research. Come and join us for a great cuppa & scrumptious morning team

Kareena Private Hospital

Contact: Vicki O'Connor ext. 2354

8 > GP's – 'Triple O Training' Basic CPR

65 Category 2 points

Contact: Mariela Chisari ext 2225

22 > GP's 'Heart Starters'

Active Learning Module in Cardiology.

Featuring acute coronary syndrome, cardiac failure, arrhythmias, hypertension & hyperlipidaemia

40 Category 1 points

Contact: Mariela Chisari ext 2225

JUNE

25 > Red Nose Day

Buy a red nose and be a part of the cure for SIDS

Venue: Kareena Private Hospital Foyer

Contact: Matson Team Ext 2214

JULY

12-16 > Diabetes Education Week

Learn about risk factors, symptoms and how to manage diabetes or keep it at bay.

Venue: Hospital Foyer & Community venues

Contact: ESU Ext 2225

25 > Sutherland to Surf Fun Walk & BBQ

Run/walk or stroll to Cronulla then join us for a free family BBQ under the trees

Contact: ESU & Catering ext 2225

26-30 > Winter Blues Buster

Venue: Various

Contact: Mariela Chisari & ESU Team ext 2225

AUGUST

2-6 > Healthy Bones Week

Venue: Various

Contact: ESU Team & Allied Health ext 2225

6 > Jeans For Genes Day (www.jeansforgenes.org.au)

Kareena Private Hospital

Contact: Matson Ward

7 > GP's 'Let's Limbo'

An active learning Module in orthopaedics looking at the sporting injuries, hips, knees, shoulders and much more

40 Category 1 points

Contact: Mariela Chisari ext 2225

8> Ramsay City to Surf

Be part of the big Ramsay team. Food, drinks, massages at the end to help you recover. Families welcome.

Contact: ESU ext 2225

27 > Daffodil Day

Buy a daffodil or 6 to fund cancer research – it touches all of us.

Kareena Private Hospital Foyer

Contact: Sandra Fryz ext: 2182

SEPTEMBER

9 > Years of Service Celebration

A special evening to recognise our people who have cared for our patients for 10 years and more

Kareena Private Hospital Courtyard

23 > Staff Support Day

Venue: Various

Contact: Executive Team

OCTOBER

6 > Ramsay Pink Triathlon

Small triathlons for individuals and team – you can just do one leg and get two others to share the pain/fun. Join the Kareena contingent, get fit and support Breast Cancer.

Venue: to be advised

Contact: ESU ext. 2225

25 > Pink Ribbon Day

Wear the pink and support breast cancer research.

Kareena Private Hospital Foyer

Contact: ESU ext. 2225

26-29 > Well-Being & Safety Week

A week of safety information activities & celebration

But it's all good or you, so enjoy.

Great recipe ideas, nutrition info, keeping you and your families safe and giveaways.

Matson Courtyard

Contact: ESU Team Ext 2225 & Vicki O'Connor ext 2191

NOVEMBER

3 > Melbourne Cup Lunch & Celebrations

Catch all the action on the BIG screen

Venue: Day Surgery Admission Lounge

Contact: Ajith Subramaniam ext. 2144

6 > Big Day Out for Cancer

Board the shopping bus and do your Christmas shopping early and SAVE a bundle. Commission on sales goes to cancer research.

Kareena Private Hospital Foyer

Contact: Brenda Seaberg ext. 2135

26 > Staff Christmas Party

6.30pm 'Venue TBA

Contact: Christmas Party Committee ext. 2201

DECEMBER

1-16 > Adopt a Nursing Home for Christmas

Share the joy by giving. Donations of small gifts will be collected under the Christmas tree to be distributed on 18th to people in a selected nursing home in the local area.

Contact: Kim Boyd Ext 2200

TBA > VMO Secretaries Afternoon Tea

Venue: Kareena Private Hospital

Contact: Front Office ext. 2327

25 > Christmas Day Celebrations

Start at a lovely Christmas breakfast, then a super Christmas lunch and finish off with light Christmas dinner

Just about all day - Botany tea room

Contact: Ajith Subramaniam & Catering Team ext 2144