

2009 Community Calendar

at Kareena Private Hospital

March

16-20 > Senior's Week

A range of fun FREE events including morning tea, health checks, movie outing, mobility & fitness sessions.

Venue: Kareena Hospital Foyer & various shire locations

Contact: Karen Williams Ph: 9717 0331

May

6-10 > Heart Week

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

Venue: Kareena Foyer & Community Venues

Contact: Catherine Western Ph: 9717 0309

11-17 > National Volunteer's Week

If you are thinking about volunteering and would like to know more about what the Kareena Volunteer program involves, come and join us for our Volunteers Afternoon Tea and meeting some of our volunteers and hear why they love helping out.

Venue: Kareena Private Hospital Courtyard

Contact: Christine Woodcock Ph: 9717 0322

28 > Australia's Biggest Morning Tea

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

Venue: Kareena Private Hospital'

Contact: V. O'Connor Ph: 9717 0329

June

22-26 > Maternity & Women's Health Education Event

A range of FREE events and information on a range of maternity and women's health related issues.

Venue: Kareena Private Hospital & various locations

Contact: Matson Team Ph: 9717 0214

27 > Red Noses Day

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

Venue: Kareena Private Hospital Foyer

Contact: Matson Team Ph: 9717 0214

July

12-18 > Diabetes Education Week

Learn about risk factors, symptoms and how to manage diabetes or keep it at bay. Free information sessions at local libraries.

Venue: Kareena Hospital Foyer & various shire locations

Contact: Allied Health Team Ph: 97170 2181

August

28 > Daffodil Day

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

Venue: Kareena Private Hospital Foyer

Contact: Sandra Fryz ext: 2182

September

TBA > Stroke Week

Lots of information and health advice on a range of areas including prostate and urinary issues, diabetes and general health.

Venue: Kareena Private Hospital

Contact: Mariela Chisari team Ph: 9717 0225

October

19-25 > Well Being & Safety Week

A week of food, safety and food – but it's all good for you, so enjoy. Great recipe ideas, nutrition info, keeping you and your families safe. FREE talks by Dietician Jenny Chan.

Venue: Kareena Private Hospital & various shire locations

Contact: ESU Team Ph: 9717 0225 & V. O'Connor

26 > Pink Ribbon Day

Wear the pink and support breast cancer research. Pink ribbon day merchandise available at Reception.

Venue: Kareena Private Hospital Foyer

November

9 - 23 > Men's Health Week

Lots of information and health advice on a range of areas including prostate and urinary issues, diabetes and general health.

Venue: Kareena Private Hospital & various shire locations

Contact: Mariela Chisari team Ph: 9717 0225

Accidents happen anytime...
emergency care should too!

02 9717 0170

Immediate 24 hour care

KAREENA
PRIVATE HOSPITAL

Fee for service facility