

2009 Events & Happenings

at Kareena Private Hospital



September

Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP

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 Café Courtyard

Contact: Christine Woodcock & ESU Team ext. 2322

14-20 > Community – Stroke Week

23 > International 'Support Staff' Day

here's a special day for nurses, so we needed a special day to recognise all the wonderful non-nursing people at our hospital. Everyone invited to celebrate!!

Venue: Matson Courtyard

Contact: Executive Team ext. 2101

26 > Triathlon Pink

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: Sydney Olympic Park

Contact: Employee Support Unit ext. 2225

30 > Pulse: ECG Interpretation

6.30pm Kareena Private Hospital Café

Contact: Mariela Chisari Ph: 9717 0225



October

Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP

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 and giveaways. Also featuring Jenny Chan (Dietician).

Kareena Private Hospital Foyer & Botany tearoom

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

26 > Pink Ribbon Day

Wear the pink and support breast cancer research.

Kareena Private Hospital Foyer

Contact: Wendy Thompson & Helpers Mb: 0403 266 595

28 > Pulse: TBA

6.30pm Kareena Private Hospital Café

Contact: Mariela Chisari Ph: 9717 0225



November

Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP

3 > Melbourne Cup Lunch & Celebrations

Catch all the action on the BIG screen

Venue: Day Surgery Admission Lounge

Contact: Ajith Subramaniam ext. 2144

7 > 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

14 > Golf Day

Will Allied Health win for a second year? Will Sean get nearest the pin again. Will Matson team do fruit or will it be salad this year? A really great afternoon and even rank beginners often play better than the 'experts', so grab your balls and join us.

Contact: Golf Committee ext. 2201

21 > Men's Health Symposium

Topics: Prostate Cancer; Testicular Cancer; Men's Depression

Category 1 - 40 points

Venue: Kareena Private Hospital

Contact: Mariela Chisari Ph: 9717 0225

27 > Staff Christmas Party

6.30pm 'Venue' TBA

Contact: Joanne Parker & Party Committee ext. 2201

30 > Pulse: Party Drugs

6.30pm Kareena Private Hospital Café

Contact: Mariela Chisari Ph: 9717 0225



December

Weekly Mon/Wed/Fri 12.30 – 1pm - WALKING GROUP

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

3 > VMO Secretaries Afternoon

Venue: Kareena Private Hospital

Contact: Karen Williams 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