

+ Events & Happenings The Wellbeing & Balance Program at Kareena Private Hospital

MARCH

Flu Vax Month

Contact: ESU Ext. 2225

17 - 21 > Seniors Week

Venue: Caringbah Leisure Centre/Engadine/Sutherland/

Hospital

Contact: ESU Ext. 2222

29 > Earthhour 8.30pm

All Dept. Heads to encourage staff to participate

29 > Maternity Open Day

Venue: Kareena Private

Contact: Jacqui, Maternity ext. 2214

> Wellness Expo

Venue: Courtyard

Contact: ESU Ext. 2222

APRII

23 > Administrative Professionals Day/Staff

Appreciation Day Venue: Courtyard

25 > ANZAC Ceremony

Venue: Throughout Hospital

MAY

5 > International Midwives Day

Venue: Throughout the Hospital

Contact: Jacqui Palmer Ext. 2214

12 > International Nurses Day

Venue: Throughout the hospital

Contact: DCS Ext. 2202

12 -18 > Volunteers Week

Contact: ESU Ext. 2222

22 > Australia's Biggest Morning Tea

Venue: Courtyard

Contact: Ajith Subramanian Ext. 2144

28 > **GP** '000 Training

Contact: ESU Ext. 2222

> Private Hospitals Week

Venue: All Ramsay Hospitals
Contact: ESU Ext 2222

JUNE

> Financial Wellness Month

Venue: Hospital

Contact: ESU Ext 2222

28 > Red Noses Day

Buy a Red Nose and be part of the cure for SIDS Venue: Kareena Hospital Foyer Contact: Jacqui Palmer Ext. 2214

JUIY

13-19 > National Diabetes Week

Venue: Caringbah Leisure Centre/Engadine/Sutherland/

Hospital

Contact: ESU Ext. 2222

20 > Sutherland to Surf

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

Contact: Catherine Chapman Ext. 2326

AUGUST

10 > Ramsay City to Surf

Contact: Catherine Chapman Ext. 2326

22 > Daffodil Day

Venue: throughout the hospital Contact: Sandra Fryz. Ext. 2156



SEPTEMBER

11 > RUOK Day

Venue: All staff encouraged to participate

Contact: EST Ext. 2222

> Years of Service Presentation

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

Venue: TBA

Contact: ESU Ext. 2225

OCTOBER

ALL MONTH > Breast Cancer Awareness Month

Contact: Jacqui Palmer Ext. 2222

> Safe Work Australia Week

Venue: Hospital

Contact: ESU Ext. 2222

> Ramsay Pink Triathlon

Contact: Catherine Chapman Ext. 2326

NOVEMBER

4 > Melbourne Cup Lunch & Celebrations

Venue: Conference Room

Contact: Ajith Subramaniam Ext. 2144

11 > Remembrance Day

Contact: Kim Boyd Ext. 2198

15 > Kareena Private's 50th Anniversary Celebrations

Venue: TBA Theme: TBA

>Antibiotics Awareness Week

Venue: Hospital

Contact: Pharmacy ext.2353

DECEMBER

All Month > Botany Bay Christmas Tree of Giving

Share the joy by giving. Donations of small gifts will be collected under the Christmas tree to be distributed to a local nursing home or charity.

Contact: Sandra Fryz Ext. 2156

2 > VMO's Secretaries Evening

Venue: Kareena Private - Courtyard Contact: Kylie Roffe Ext. 2274

> Volunteers Christmas Celebrations

Come and enjoy a delicious lunch
Contact: ESU Ext. 2222

> Staff Christmas Lunch & Celebrations

Come and enjoy a delicious lunch in the Courtyard Contact: Ajith Subramaniam Ext. 2144

25 > Christmas Day Celebrations