

CBCHS Mission Statement

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

Values

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

Vision Statement

Quality. Community. Wellbeing.

**Address all correspondence to
THE CEO
CENTRAL BAYSIDE COMMUNITY
HEALTH SERVICES**

**HEAD OFFICE
335 NEPEAN HIGHWAY PARKDALE
TEL 8587 0200 FAX 8587 0210**

**A range of other services are also
available from the following venues**

DENTAL CLINIC

335 NEPEAN HIGHWAY PARKDALE
TELEPHONE 8587 0350

ADULT COMMUNITY OPTIONS

299 CENTRE DANDENONG ROAD CHELTENHAM
TELEPHONE 9581 1111

CHELSEA

3/1 THE STRAND CHELSEA
TELEPHONE 9781 9333

CLARINDA

58 VINEY STREET CLARINDA
TELEPHONE 9552 4333

PLANNED ACTIVITY GROUPS

31 VENICE STREET MENTONE
TELEPHONE 9583 6970



**WE WELCOME YOUR
COMMENTS**



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

**STRENGTH
TRAINING
PROGRAM**



**335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : http://www.cbchs.org.au
Registration No. A0034938T
Working Smoke Free**

STRENGTH TRAINING PROGRAM

This program offers progressive resistance exercise using dumbbells, cuffs, and body weight.

It is for anybody who wishes to increase their muscle mass; people with osteoporosis, diabetes, arthritis and some other chronic conditions.

This program begins with an **INTRODUCTORY CLASS** - held once each term, to present the benefits, precautions and techniques used in strength training.

Fees Apply

The Program held twice each week **Tuesday and Thursday** mornings at **Don Tatnell Leisure Centre**, Corner Warren Road and Brisbane Terrace, Mordialloc.

Fees Apply

ONGOING SELF HELP PROGRAM

Is also offered twice a week for those keen to continue the benefits of strength training.

Fees Apply

For all enquiries and to register please contact -

The Physiotherapy Department
Central Bayside Community Health Services

Phone: 8587 0200

