



Euroa Health

MEDIA RELEASE

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EXERCISE PHYSIOLOGIST APPOINTED

Euroa Health has attracted the services of an Exercise Physiologist to help older Euroans stay physically mobile.

Rosie Gordon hails from Barram. She holds a degree in Exercise Science, backed up with a Masters in Exercise Physiology. "I have always played sport and at school I loved P.E. so it was very easy to choose this as my profession" said Ms Gordon. "Chronic conditions can often be managed quite well with the right exercise" she said, "and Euroa Health has a really flexible approach to meeting the needs of people who could benefit with some advice and support".

Individual consultations and group sessions are available to anyone aged over 65 years. Whilst referral is encouraged from a health service provider, self referrals are accepted. An initial assessment with Ms Gordon is required and this can be arranged by phoning Euroa Health on 5795 0200. Individual and group sessions for health and wellness are run on most mornings and afternoons at either the Third Age Club in Kirkland Avenue, or the Euroa Health Gym (entry from main reception on Weir Street).

Welcome Rosie!



Euroa Health welcomes Exercise Physiologist Rosie Gordon as a new staff member. She is seen here assisting Ian Short from Strathbogie. Mr Short and his wife Lorraine visit the Euroa Health Gym weekly. A wide range of physiotherapy and exercise services are available to help keep Euroa healthy.