

Health bonanza at Horsham Plaza

Wimmera people will have an opportunity to explore health issues, services and products in a major week of activities and displays at Horsham Plaza from Monday.

They will also be able to access expert analysis of aspects of their own health and wellbeing during Horsham Plaza Health Week.

The week, involving a broad range of organisations, experts and practitioners, will provide plaza shoppers with everything from simple information and contact numbers to personalised health testing and scanning, product sampling and therapeutic hand massages.

Horsham Plaza manager Allison Roberts said she was excited so many health practitioners and organisations were coming together at the plaza.

“We’re particularly happy with our relationship with community health nurses. They have been working with year-nine Horsham and St Brigid’s college students who will visit the plaza each of day of health week – interacting with shoppers and offering free hand massages and samples,” she said.

Action Aids Australia, Studio 33 Wellness Training and Therapy, Wimmera Hearing Society, Rod Wilson – Body Report, Plaza Healthwise Pharmacy, Kevin Paisley Fashion Eyewear, the YMCA, Wimmera Health Care Group and Horsham Rural City Council will have presentations or offer services in the plaza throughout the week.

Mrs Roberts said the week-long agenda was brimful of activities and would suit the concerned, the curious, the simple passerby or shopper.

“Horsham Plaza retailers are strongly supporting the program and we’re looking forward to everyone making the most of the attractions during Horsham Plaza Health Week,” she said.

“We’re hoping we can make this an annual event.”

Static displays will include information on:

- Osteoporosis awareness
- Diversional therapy
- Hearing services
- Blood Bank
- Horsham Rural City Council services
- Bone Density
- YMCA
- Wimmera Community Options
- Mole Map

Wimmera Health Care Group displays will include information on:

- Beyond Blue depression organisations
- Stroke prevention
- Heart awareness
- Sun sense
- District nursing
- Palliative care
- Hospital Admission Risk Prevention
- Family planning
- Diabetes self management
- Women’s Health Grampians

People or organisations seeking more information about Horsham Plaza Health Week or keen to get involved can call Mrs Roberts on 5382 0912 or email manager@horshamplaza.com.au

