

| ORGANISATION   | PHYSICAL ACTIVITY   | MENTAL HEALTH  | NUTRITION   |
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| Portland District Health<br>Contact: Jacki Carmody<br>Telephone: 03 55221100<br><a href="http://www.pdh.net.au">www.pdh.net.au</a>   | <ul style="list-style-type: none"> <li>- Toward a Healthy Heart</li> <li>- Glenelg Walking Strategy</li> <li>- Active Script Program</li> <li>- Portland Healthy Schools Network</li> <li>- Kids Go For Your Life</li> <li>- Corporate Challenge</li> </ul> | <ul style="list-style-type: none"> <li>- Mental Health First Aid</li> <li>- Workplace Wellbeing</li> <li>- Assessment Tool Pilot</li> <li>- Workplace Stress Intervention Program</li> <li>- Corporate Challenge</li> <li>- Healthy Relationships Program – with young people</li> <li>- Staff Stress Management</li> <li>- Corporate Challenge</li> </ul> | <ul style="list-style-type: none"> <li>- Healthy Choices at Take Away outlets</li> <li>- Kids Go For Your Life</li> </ul>   |
| Western District Health Service<br>Contact: Susan Brumby<br>Telephone: 03 55518460<br><a href="http://www.wdhs.net">www.wdhs.net</a> | <ul style="list-style-type: none"> <li>- Sustainable Farm Families</li> <li>- Chronic Disease Exercise Programs</li> <li>- Strength Training Programs</li> <li>- Start Staying Strong Groups</li> <li>- Tai Chi Program</li> <li>- Active Script</li> </ul> | <ul style="list-style-type: none"> <li>- Support Groups</li> <li>- Drought Mental Health resilience</li> <li>- 10MMM – Youth</li> <li>- Social activities with Physical Activity programs</li> <li>- Drought Initiatives</li> <li>- Family Violence assessment and referral protocol</li> </ul>  | <ul style="list-style-type: none"> <li>- Healthy Choices at Take Away outlets</li> <li>- School Nutrition Policies</li> <li>- Food for Thought</li> <li>- Support Kids Go For Your Life</li> <li>- Fruit &amp; Veg Promotion at local events</li> </ul> |

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| Dartmoor Bush Nursing Centre<br>Contact: Pam Godfrey - Smith<br>Telephone: 03 55281381<br><a href="mailto:ddbnc@datafast.net.au">ddbnc@datafast.net.au</a>                             | <ul style="list-style-type: none"> <li>- Strength Training Program</li> <li>- Tai Chi Program</li> </ul>   |   |   |
| South West Sports Assembly<br>Contact: Lyn Donaldson<br>Telephone: 03 55723543<br><a href="http://www.southwestsport.com.au">www.southwestsport.com.au</a>                             | <ul style="list-style-type: none"> <li>- Access for all abilities</li> </ul>   |   |   |
| Women's Health Resource Worker<br>Contact: Pauline McGee<br>Telephone: 03 55221180<br><a href="mailto:pmcgee@swarh.vic.gov.au">pmcgee@swarh.vic.gov.au</a>                             | <ul style="list-style-type: none"> <li>- Come &amp; Try Sessions</li> </ul>  | <ul style="list-style-type: none"> <li>- Workplace mental health initiative</li> </ul>  |   |
| Casterton Memorial Hospital<br>Contact: Mary Anne - Betson<br>Telephone: 03 55542523<br><a href="http://www.castertonmemorialhospital.com.au">www.castertonmemorialhospital.com.au</a> | <ul style="list-style-type: none"> <li>- Strength Training Program</li> <li>- Tai Chi Program</li> <li>- Casterton Community Walks</li> <li>-</li> </ul>                             | <ul style="list-style-type: none"> <li>- Workplace Mental Health Initiative</li> <li>- Social Activities with physical activity programs</li> </ul> | <ul style="list-style-type: none"> <li>- Well For Life – healthy eating &amp; lifestyle sessions</li> </ul> |
| Mulleraterong Centre<br>Contact: Annette Read<br>Telephone: 03 55723035<br><a href="mailto:mullercentre@ansonic.com.au">mullercentre@ansonic.com.au</a>                                | <ul style="list-style-type: none"> <li>- Disability based gym sessions</li> <li>- Walking Programs</li> <li>- Adventure Activities Program</li> <li>- Bike Riding Program</li> </ul> |   | <ul style="list-style-type: none"> <li>- Healthy Lunches</li> </ul>   |

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| Winda Mara Aboriginal Corporation<br>Contact: Denis Rose<br>Telephone:03 55272051<br><a href="http://www.wmac.org.au">www.wmac.org.au</a>                   | <ul style="list-style-type: none"> <li>- Health Worker Programs</li> <li>- Winda Mara Lifestyle Team: Gym, physical activity programs</li> </ul>         |               |           |
| Southern Grampians Shire<br>Contact: Kevin O'Brien<br>Telephone:03 55730422<br><a href="http://www.sthgrampians.vic.gov.au">www.sthgrampians.vic.gov.au</a> | <ul style="list-style-type: none"> <li>- Hamilton Leisure and Aquatic Centre</li> <li>- Contribution of Shire bus for strength/balance groups</li> </ul> |               |           |
| Glenelg Shire<br>Contact: Adele Kenneally<br>Telephone:03 55222205<br><a href="http://www.glenelg.vic.gov.au">www.glenelg.vic.gov.au</a>                    | <ul style="list-style-type: none"> <li>- Strength and Balance Groups</li> <li>- Tai Chi</li> </ul>   |               |           |