

MEDIA RELEASE

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LET'S GET MURRAYVILLE MOVING!

People's wellbeing in the border region is being boosted by the arrival of a new allied health assistant providing an ongoing, regular service.

Rebecca Neijalke has joined the team at Mallee Track Health and Community Service in Murrayville.

Rebecca will support Mallee Border Health physiotherapist Katharine Daniel and host regular exercise groups.

"I'm excited to see this new service develop locally and support the wellbeing of the Murrayville community," Rebecca said.

"This service is ideal if you're looking to remain independent and safe at home, want support with a chronic illness or just want to ease some aches and pains.

Come and Try Exercise program sessions will be held on Wednesday 31 May and Wednesday 7 June from 9.30am, with a cup of tea to follow.

The sessions will be held in the PAG room at MTHCS, 32 Gray Street in Murrayville.

Those who are interested are urged to come along with any questions about the program and to learn how to register.

Anyone with questions can also contact the MTHCS Allied Health team in Ouyen on 5092 1111.

Picture: Allied health assistant Rebecca Neijalke



For further information:

Jacinta Allan-Gange
NewsAlert PR (0498) 490 672
hello@newsalertpr.com.au