

Heart Foundation Walking group each Sunday

Walking and moving more is very good for us. It helps to improve sleep & lung capacity, by walking for just 30 minutes every day can increase cardiovascular fitness & strengthen bones. Walking also increases oxygen flow through the body.

The group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

Beyond Norfolk: Relocating & Connecting

Starting or continuing further study or work away from Norfolk Island? "**Beyond Norfolk: Relocation and Connection,**" is a unique mentoring program for recent post-school leavers who have left or plan to leave Norfolk Island. Whether you're starting a job or diving into further study, our mentors get it—they've been there and are here to help you navigate and make the most of your year ahead.

Would you like to connect with a mentor who has faced similar challenges? You can access six hours of personalised mentoring tailored to your needs free of charge.

Submit an expression of interest to be part of this program. <https://www.surveymonkey.com/r/9P6SWJF>

February is Raynaud's Disease awareness month

Raynaud's (ray-NOSE) disease causes some areas of the body, such as fingers and toes to feel numb and cold in response to cold temperatures or stress. In Raynaud's disease, smaller arteries that supply blood to the skin narrow, this limits blood flow to affected areas. When the attack is over, blood rushes back to the area. Your affected fingers and toes will become red and warm. They may tingle and throb.

For most people with Raynaud's disease, avoiding getting cold prevents attacks and keeps symptoms under control. But if this is not enough, medications and in some cases, surgical procedures can help.

For more information, please visit Health Direct website <https://www.healthdirect.gov.au/raynauds-phenomenon>

A Reminder that the Hospital, including car park areas, is a Smoke Free Site

