

Spiritual wellness

- Spiritual Care programs
– First Friday, Sabbath Praise

Research

- Health and Wellness Research – Lifestyle Medicine and Research Centre at SAH

Wellness products & resources

- Vegetarian food products – available in ABC Bookshop, San Café
- Physiotherapy – mobility aids, and other support products
- SAH Pharmacy
- Wigs – for cancer patients. Available for borrowing through the San Cancer Support Centre

Our Wellbeing partners include

- ELIA Wellness and ELIA Lifestyle Medicine Clinic www.eliawellness.com
- Lifestyle Medicine and Research Centre (Australasian Research Institute) www.australasianresearch.org
- Sanitarium Health & Wellbeing www.sanitarium.com.au
- Avondale University – Lifestyle and Health Research Centre www.avondale.edu.au/research/lifestyle

How to find Sydney Adventist Hospital

The hospital is accessible by car or public transport. For comprehensive information on how to find us visit our website at www.sah.org.au/contact-us

CONTACT

Phone: (02) 9480 9111

Website: www.sah.org.au



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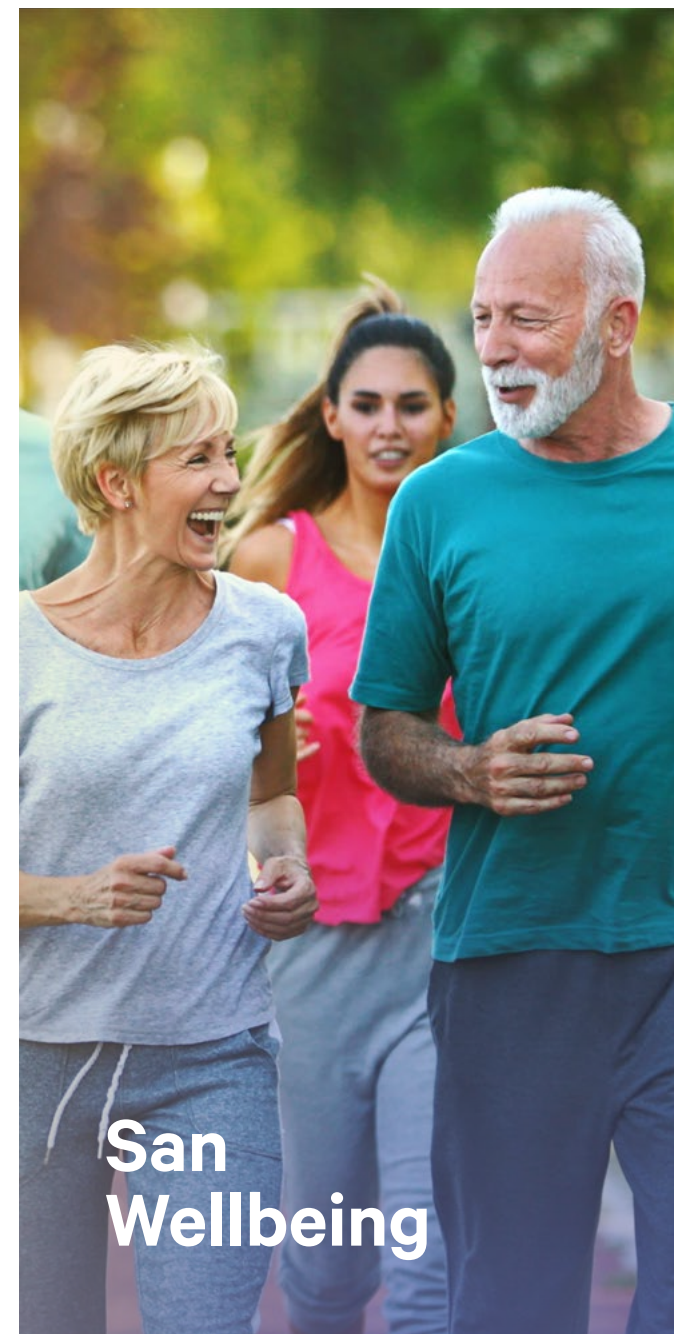


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San Wellbeing



Wellbeing is in our DNA

Adventist HealthCare has a rich history of promoting health and wellbeing for our community – since its inception in 1903 as the ‘Sydney Sanitarium’ – a place where people learn to stay well. Known then as a ‘home of health’ in the rural area of Wahroonga, and fondly referred to as ‘the San’, early leaders recognised the importance of treating people in a holistic manner – with care that included health education, spiritual nurture, nutritious food, exercise, pure water and air, and rest. While many things have changed since then, our Mission and focus on holistic care has remained the same – ‘Christianity in action – caring for the body, mind and spirit of our patients, colleagues, community and ourselves.’

Since the mid-1800s, Seventh-day Adventists have advocated whole person health as being central to their faith and wellbeing. In fact, a large community of around 9,000 Adventists in Loma Linda California were identified by Dan Buettner in the National Geographic as being one of only five ‘Blue Zones’ across the world. These ‘longevity all-stars’ live as much as a decade longer than their fellow North Americans – with much of their longevity attributed to Adventist health principles such as the inclusion of a plant based diet and regular exercise, abstinence from alcohol and tobacco, avoiding harmful substances, an active faith, strong social networks, and regular rest from the rigors of daily life through observance of the Sabbath.

WELLBEING IS IN OUR DNA AND IS AN INTEGRAL PART OF OUR VISION THAT WILL SUPPORT OUR COMMUNITY MEMBERS TO LIVE HEALTHIER LIVES INCLUDING BEFORE, DURING AND AFTER ACUTE CARE.

In our facilities we provide a range of meals for our patients with a focus on plant based options, and our onsite cafes offer predominantly vegetarian food with fresh, healthy and sustainable choices for our staff and visitors.

We encourage abstinence from alcohol, tobacco and harmful drugs, and embrace a balanced life of work, leisure, rest, exercise and diet. We promote wellbeing and a healing environment by healthy living, humour, positive attitude and prayer.

Our vision is to build on our rich heritage through helping our community to stay well.

Some basic tips for staying well

 Eat more plants - especially those with green, red and orange colours	 Include nuts and legumes in your diet
 Volunteer - give something back and find a sense of purpose by helping others	
 Have regular moderate exercise	 Strengthen your social and spiritual networks
 Limit your sugar intake, avoid caffeine, alcohol, and tobacco	
 Make water your ‘go to’ drink	 Spend a little time in the sunshine each day
 Have regular rest from the rigors of daily life Never compromise on sleep, set aside time for a weekly rest	

ELIA Wellness

ELIA Wellness joined Adventist HealthCare in September 2020, further reinforcing our commitment to helping our community to stay well. ELIA Wellness was formed in 2016 to champion the cause of lifestyle medicine in research, policy and practice. Its advocacy to help individuals achieve whole-person health includes the 7 Dimensions of Wellness Index™, an analysis tool which is utilised in their wellness-enhancing programs.

For further information on ELIA Wellness programs and resources see www.eliawellness.com

Wellbeing services based at Sydney Adventist Hospital include:

Wellbeing Education

- Free public forums
- Nutrition seminars
- Pre & Post Natal education
- RACGP accredited training for General Practitioners
- Chaplaincy symposiums

Health & Exercise

- Pre & Post Natal fitness education
- Maintenance Gym (Cardiac Rehabilitation)
- Individually tailored and group exercise programs
- Individually tailored hydrotherapy programs

Outpatient Services

- Fox Valley Medical & Dental Centre – General Practitioners
- San Heart Syncope - Blackouts
- Wound Care Clinic
- Dietitian
- Speech Pathology
- Physiotherapy
- Lymphoedema Clinic

Rehabilitation

- Inpatient and day patient rehabilitation programs
- Outpatient Heart Health program (Cardiac Rehabilitation)
- Conditioning for Life program (Cardiac Rehabilitation)

Cancer Support Services

- Education sessions
- Look Good – Feel Better workshops
- Counselling
- Support Groups
- Information & resources
- Bereavement support