Welcome to Rural Health Mildura
Your comprehensive guide to local businesses supporting Monash University medical students

Nicky Meredith
Community Liaison Officer
Rural Health Mildura
Monash University
Medicine, Nursing and Health Sciences
Address: PO Box 6252, Mildura West VIC 3500, Australia
Phone: +61 3 5022 5500
Email: nicky.meredith@monash.edu
Web: www.med.monash.edu.au/srh/mildura

Further Information

Show Your Card and Save!
Discounts and prices only available to current Rural Health Mildura, Monash University students. All offers exclude specials and other offers unless stated otherwise and may change from time to time. When booking or making a purchase, simply show your valid Monash University Student ID card and ask for the discount offer. You can use your card to save again and again all year. All offers valid from 1 February 2016 to 31 December 2016.

Medical General Practice
Ontario Family Practice
Address: 220 Ontario, Mildura 3500
Phone: (03) 5021 1695
Web: www.ontariofamilypractice.com.au

Ontario Medical Clinic
Address: 196-200 Ontario Avenue, Mildura 3500
Phone: (03) 5023 7311

Lime Medical Clinic
Address: 154 Lime Avenue, Mildura 3500
Phone: (03) 5023 5122

Tristar Medical Group Ontario Avenue
Address: 229 Thirteenth Street, Mildura 3500
Phone: (03) 5022 9247
Web: www.tristarmedicalgroup.com.au

Tristar Medical Group Langtree Avenue
Address: 87-89 Langtree Avenue, Mildura 3500
Phone: (03) 5023 1200
Web: www.tristarmedicalgroup.com.au

Medical Wellbeing
Gerald Purchase Psychologist
Contact: Gerald Purchase
Address: 123-127 Flora Avenue, Mildura 3500
Phone: (03) 5021 1697

Dowdy’s Wellbeing Centre
Contact: Richard Dowdy
Address: 233 Deakin Avenue, Mildura 3500
Phone: (03) 5021 4192
Web: www.dowdyswellbeing.com.au

Specialist Grocery
Indian Spot
Address: 145 Ninth Street, Mildura 3500
Phone: 0490 230 047

Clove Organics Shop & Café
Address: 121a Eighth Street, Mildura 3500
Phone: (03) 5021 2230
Web: www.clovergorganic.com

Sahar Continental Mini Market
Address: 64 Madden Avenue, Mildura 3500
Phone: (03) 5021 1137

Mildura Asian Grocers
Address: 150 Deakin Avenue, Mildura 3500
Phone: (03) 5023 2025
Web: www.facebook.com/littlemartmildura

Sunraysia Chickens
Address: 20 Orange Avenue, Mildura 3500
Phone: (03) 5021 1255

Tourism and Events
Mildura Tourism
Web: www.facebook.com/visitmildura;
www.visitmildura.com.au

Sunraysia Farmers Markets
Email: info@sunraysiafarmersmarket.com.au
Web: www.sunraysiafarmersmarket.com.au

Events - What’s On in Mildura

Activities & Fun in Mildura
Businesses and discounted offers

Beauty

Endota Spa
Address: 33a Langtree Avenue, Mildura 3500
Phone: (03) 5021 1207
*10% off all products & services. Excludes promotions & already discounted products.

Visible Effects
Address: 157 Lime Avenue, Mildura 3500
Phone: (03) 5022 8500
Web: www.visiblefacts.com.au
*10% off first treatment visit. Excludes promotions.

Restaurants, Cafés and Takeaway

Little Malaysia
Address: Shop 3, 150 Deakin Ave, Mildura 3500
Phone: (03) 5021 4209
Web: www.facebook.com/littlemalaysiamildura
*5% off all meals and drinks.

Pizza Café
Address: 18 Langtree Avenue, Mildura 3500
Phone: (03) 5022 2223
Web: www.pizzacafe.com.au
*10% off the total bill.

Mildura Brewery
Address: 20 Langtree Avenue, Mildura 3500
Phone: (03) 5022 2988
Web: www.mildurbrewery.com.au
*10% off all meals.

Clubs

Andy’s Kitchen
Address: 73 Lime Avenue, Mildura 3500
Phone: (03) 5021 1900
Web: www.milduraandykskitchen.com.au
*15% off total purchase per person.

Mildura Noodle & Pasta Bar
Address: 81 Lime Avenue, Mildura 3500
Phone: (03) 5021 3000
Web: www.noodleandpastabar.com.au
*15% off total purchase per person.

Stefano’s Café
Address: 27 Deakin Avenue, Mildura 3500
Phone: (03) 5021 3627
Web: www.facebook.com/Stefano.com.au
*All hot drinks $3.00.

Kaffieno
Address: Shop 6, 47 Langtree Avenue, Mildura 3500
Phone: (03) 5021 4266
Web: www.facebook.com/kaffieno
*Buy one coffee & get one free to equal value. *Buy a meal to the value of $10.00

Café De Caravan
Address: JC Park-Hugh King Drive, Mildura 3500
Phone: 0418 132 715
Web: www.facebook.com/Cafe-DeCaravan-143377188502030/
*Purchase any small or medium coffee and only pay $2.50.

The Deakin Bakery
Address: 210 Deakin Avenue, Mildura 3500
Phone: (03) 5023 2205
Web: www.facebook.com/pages/The-Deakin-Hobson/161178307171633
*10% off all products.

Nightlife

Cider Tree
Address: 46 Deakin Avenue, Mildura 3500
Phone: (03) 5023 5005
Web: www.facebook.com/Cider-Tree-Mildura-139419997390306/
*$5.00 Vodka’s & $5.00 Schooners of Beer from 8 – 9pm Monday – Friday's only. Plus 20% off food at all times.

The Sandbar
Address: 45 Langtree Avenue, Mildura 3500
Phone: (03) 5021 2181
Web: www.facebook.com/TheSandbarMildura
*$5.00 Vodka’s & $5.00 Schooners of Beer from 8 – 9pm Monday – Friday's only. Plus 20% off food at all times.

The Black Stump
Address: 110-114 Eighth Street, Mildura 3500
Phone: (03) 5023 0474
Web: www.theblackstump.com.au
*20% off on Sunday’s from 12pm – 4pm. Free games night on Thursday with $7.00 Pizzas (exclusions apply to selected Pizzas).

Remedial Therapy

Gecko Physiotherapy
Address: 232 Thirteenth Street, Mildura 3500
Phone: (03) 5021 0502
Web: www.geckophysiotherapy.com.au
*10% off standard consultation. Maximum of 5 consultations.

Giovanni Zara Remedial Therapy
Address: 737 Fifteenth Street, Mildura 3500
(phone within CLUB AQUARIUS gym)
Phone: (03) 437 476 198
Web: www.facebook.com/pages/Giovanni-Zara-Remedial-Therapy/7714444629883
*20% off 1 hour treatment.

Fitness

Lisa Allan Yoga
Address: 18 Watts Avenue, Mildura 3500
Phone: 0437 701 960
Web: www.facebook.com/pages/LA-Personal-Training/2087247588047
*First class free.
*10% off all services.

Auto Pro Parts Professionals
Address: 95 Langtree Avenue, Mildura 3500
Phone: (03) 5022 8890
Web: www.milduraauto.com.au
*10% off all products & 20% off all services. Excludes promotions.

Leisure & Adventure

Moontoon Eco-Adventures
Address: 15 Adelaide Street, Gol Gol 2738
Phone: 0427 508 317
Web: www.moontoon.com.au
*$30.00 per head for 1.5hr session (saving $5.00 per head).
Minimum of 3 people per booking.

The House of Golf - Sunraysia Golf Range
Address: 347-357 Ontario Avenue, Mildura 3500
Phone: (03) 5022 8440
Web: www.sunraysia Golfrange.com.au
*Bucket & Hire UPSIZE e.g. Pay for 40 balls receive 80 balls. Pay for 80 balls receive 120 balls.

PS Melbourne and PV Rothbury Paddle Steamer
Address: Hugh King Drive, Mildura 3500
Phone: (03) 5023 2200
Web: www.paddlesteamers.com.au
*20% off cruise - fare only. Not valid on pre-purchased tickets (payment must be made direct at boat for a two hour river cruise).