



# Living Healthy

Ph: 07 3398 6709

## TRADING HOURS

Monday	8.30am - 6pm
Tuesday	8.30am - 6pm
Wednesday	8.30am - 6pm
Thursday	8.30am - 6pm
Friday	8.30am - 6pm
Saturday	8.30am - 12.30pm
Sunday	closed

## MONTHLY NEWS & HEALTH INFORMATION

Hello again to all our valued customers... young and old... new and long term

*The cough and cold season is over, spring is here, and the holiday season is here!*

## CLINICAL CORNER

### Did you know...?

1.7 million Australians are living with diabetes and a further 280 Australians develop diabetes every day?

Anyone can develop diabetes - you don't have to be old and you don't have to be overweight. Diabetes is now one of the major health concerns in Australia.

A well balanced diet and regular exercise can help decrease your likelihood of developing this condition.

Some people are at a higher risk of developing diabetes.

### Do you know what your risk is?

Get the facts and talk to your health care professional today!

2016 has been a good year. We have **Chris** who has completed his 12 month internship with us, and he is now handling our Webster Packing Services... (see over for details).

**Angel** will be our new intern starting in December.

**Kathleen** is our full time pharmacist who is on duty from Tuesday - Friday, and **Dharni** works Monday and Saturday.

**Rachel**, our front shop manager, comes to us with over 16 years retail pharmacy experience and is a great addition to our team.

That's all for now...

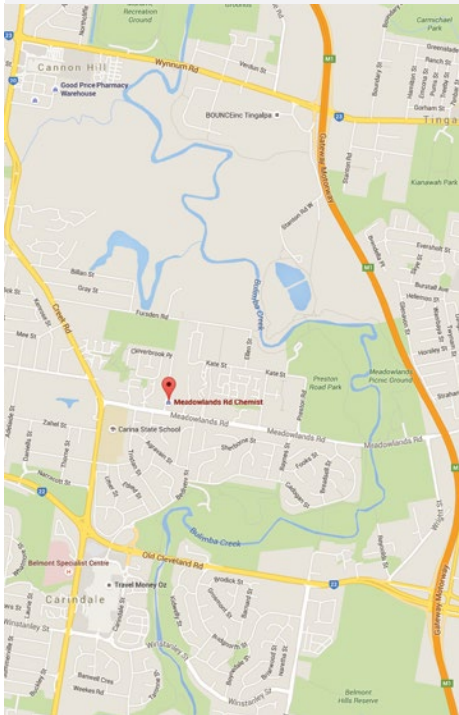
Follow us on Facebook for regular updates.

**Good Health to you all...**

From Belinda and the team at Meadowlands Road Chemist :-)



Belinda Georgiou  
(B.Pharm - Proprietor)



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## ARE YOU OVER 50 ???

*We specialise in your care...*

### FREE

**Blood Pressure Monitoring... anytime!**

Come in and see one of our friendly staff and have your blood pressure checked...

It might be the short, simple test that saves your life!



### NEW

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*We have you covered for healthy living!*



Belinda Georgiou  
(B.Pharm - Proprietor)



Kathleen May  
(B.Pharm)



Dharni Khatri  
(B.Pharm)



Rachel Dearan  
(Front Shop Manager)



Chris Kolek  
(B.Pharm Intern)

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