



Waranga
Medical Centre

FOR APPOINTMENTS

P: 03 5851 8400 F: 03 5851 8425

E:warangamedical@gvhealth.org.au

8 HIGH STREET, RUSHWORTH VIC 3612

CONSULTING TIMES

MON TO FRI - 9:00AM TO 5:00PM

September 2020

HAPPY SPRING!

PRACTITIONERS

DR. JOE SWISS
DR ADEL ASAID

NURSES

AMANDA WILLIAMS
BETH PARKER
AMY FRANCIS
LYNN CRUZ

**CERVICAL SCREENING NURSE
PROVIDERS**

NICOLE BRERETON

MENTAL HEALTH SOCIAL WORKER

JENNA ABBOTT
EVERY SECOND WEDNESDAY

PRACTICE MANAGER

DEANNE WALKER

RECEPTION STAFF

WENDY
SUSAN

PATHOLOGY COLLECTION CENTRE

9:00AM TO 11:30AM
WEDNESDAYS



St Anthony's Family Medical Practice
ABN: 23118243226

Wake up to exercise!

The mornings are warming up, and **spring** means the sun rises earlier each day. So take full advantage of this change. Get out and exercise before starting your day, whether it's going for a run or walking the dog. Exercising before work can begin your day on a high note with clarity and energy.

Say "yes" to a healthy breakfast.

It's a solid foundation and great start for any day. Make sure to partner a morning exercise routine with a healthy breakfast. You'll need energy to make the most of your fitness regimen. Instead of coffee and a quick breakfast sandwich, how about a glass of OJ and a grapefruit?

Schedule screenings and doctor's appointments.

Spring is a good time for a health check-up. For example, before starting an exercise routine, it's always recommended to check with your General Practitioner. Are there any allergy medications that need to be refilled before heading outside? When the weather turns warm and the blossoms start coming out, it's our signal to get ahead of the game for making each summer fun and rewarding. Many of the activities above can be done with friends, family and coworkers for mutual reinforcement. Please speak to our friendly reception staff to make an appointment with your GP. Phone and telehealth



Women's Health Week 7–11 September 2020

With the stress COVID-19 has placed on everyone's lives, it's now more important than ever to look after your overall health and wellbeing. This September, Women's Health Week will be a great reminder to take time out to check in on your health and to keep making positive changes that can last a lifetime.

What's involved?

Women's Health Week is a nation-wide campaign of events and online activities – all centered on improving women's health and helping you to make healthier choices.

In the lead up to the week, you'll receive helpful information on how you can participate. Either getting together with friends, community and colleagues or maybe hosting an online event.

Then, on each day of Women's Health Week, we focus on an important women's health topic. You'll receive a daily email with videos, recipes, quizzes, articles and tools to help you unlock your own powers for good health. All the health information we produce is based on research and reviewed by our expert medical team.

Women, communities and workplaces are encouraged to get involved by hosting an event, sharing the health information and encouraging women from all corners of Australia to put good health first.

For more information visit : <https://www.womenshealthweek.com.au/>



Cervical Screening Clinic

A reminder that Friday the 25th September, Cervical Screening Nurse Nicole Brereton will be at the practice running a clinic for Cervical Screening Tests.

Please contact reception to make an appointment.

Waranga Medical Centre is dedicated to protecting the safety of our patients and insuring all precautions are in place to minimize the risk of COVID 19.

Note:

Your first Cervical Screening Test is due 2 years after your last Pap test. After that, you will only need to have the test every 5 years if your results are normal. If you are aged between 25 and 74, have a cervix and have been sexually active, you need a Cervical Screening Test every 5 year



If you have any suggestions, comments or feedback, we would love to hear from you.

Email us at warangamedical@gvhealth.org.au We can only continue to improve with your help.