

HEALTH DIARY



2015 - 2016

marathon health

2015

JULY							AUGUST							SEPTEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	30	31				1			1	2	3	4	5	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31	23	24	25	26	27	28	29	27	28	29	30				
OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30	27	28	29	30	31							

2016

JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
31					1	2	1	2	3	4	5	6			1	2	3	4	5	
3	4	5	6	7	8	9	7	8	9	10	11	12	13	6	7	8	9	10	11	12
10	11	12	13	14	15	16	14	15	16	17	18	19	20	13	14	15	16	17	18	19
17	18	19	20	21	22	23	21	22	23	24	25	26	27	20	21	22	23	24	25	26
24	25	26	27	28	29	30	28	29	27	28	29	30	31							
APRIL							MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	1	2	3	4	5	6	7			1	2	3	4		
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31	26	27	28	29	30						

Name.....

Address.....

Phone number.....

Email.....

In case of emergency please call.....

Phone.....

Or call..... Phone.....

Doctor's name.....

Doctor's Practice Name.....

Phone.....

Medical History.....

.....

.....

Allergies.....

.....

.....

Medications.....

.....

.....

Are you an Aboriginal or Torres Strait Islander person

.....

Your annual health check is due on.....

.....

Your follow up is due on.....

.....

CONTACTS

My GP is.....

.....

My Carer is.....

.....

My Aboriginal Health worker is.....

.....

My Care Coordinator is.....

.....

My specialist nurse is.....

.....

My transport officer is.....

.....

Other important contacts.....

.....

.....

.....

.....

.....

.....

.....

GCP PROOF ONLY

CCP PROOF ONLY

MON	TUE
WED 1 JULY	THUR 2 JULY
FRI 3 JULY	SAT 4 JULY
SUN 5 JULY	Hey, don't forget:
5 - 12 July - National NAIDOC week	

Did ya know?

Annual dental checks are very important in looking after your overall health. Talk to your care coordinator, Aboriginal health worker, practice nurse or GP if you are having trouble getting to see a dentist.



MON 6 JULY	TUE 7 JULY
WED 8 JULY	THUR 9 JULY
FRI 10 JULY	SAT 11 JULY
SUN 12 JULY	Hey, don't forget:
12 - 18 July - National Diabetes week	

CCP PROOF ONLY

Did ya know?

“Making real, lasting change is like ploughing a path. The more you use it, the easier it gets” - Fabien Todd, WML Chronic Disease care coordinator Condobolin.

JULY 2015

MON 13 JULY	TUE 14 JULY
WED 15 JULY	THUR 16 JULY
FRI 17 JULY	SAT 18 JULY
SUN 19 JULY	Hey, don't forget:

Did ya know?

"Every human being is the author of his own health or disease" - Buddha



MON
20 JULY

TUE
21 JULY

20 - 26 July - National Pain Week

WED
22 JULY

THUR
23 JULY

CCP PROOF ONLY

FRI
24 JULY

SAT
25 JULY

SUN
26 JULY

Hey, don't forget:

Did ya know?

Set realistic goals to keep yourself motivated.

JULY / AUGUST 2015

MON 27 JULY	TUE 28 JULY
WED 29 JULY	THUR 30 JULY
FRI 31 JULY	SAT 1 AUGUST
SUN 2 AUGUST	Hey, don't forget:
2 - 9 August - Healthy Bones Action Week	
Did ya know? 'Making Aboriginal health everyone's business' is the Orange Health Service Aboriginal Liaison officer's motto. Identifying yourself as Aboriginal or Torres Strait Islander when you arrive at hospital gives you access to these valuable health workers who can help support you and your family while you are in hospital.	



MON 3 AUGUST	TUE 4 AUGUST
3 - 10 August - Dental Health Week	4 August - National Aboriginal and Torres Strait Islander Children's Day
WED 5 AUGUST	THUR 6 AUGUST
FRI 7 AUGUST	SAT 8 AUGUST
SUN 9 AUGUST	Hey, don't forget:
9 August - International Day of the World's Indigenous People	
Did ya know? Have you heard of an Aboriginal health check or over 55's health check? It is important to have this health check attended once a year to pick up any potential health changes. Ask your doctor or Aboriginal health worker about booking in for a health check this week.	

AUGUST 2015

MON
10 AUGUST

TUE
11 AUGUST

10 - 16 August -
Brain Injury Awareness Week

WED
12 AUGUST

THUR
13 AUGUST

CCP PROOF ONLY

FRI
14 AUGUST

SAT
15 AUGUST

SUN
16 AUGUST

Hey, don't forget:

Did ya know?

We often think we are hungry when we are actually thirsty – drink a large glass of water before each meal or snack.



MON 17 AUGUST	TUE 18 AUGUST
WED 19 AUGUST	THUR 20 AUGUST
FRI 21 AUGUST	SAT 22 AUGUST
	22 August - Daffodil Day
SUN 23 AUGUST	Hey, don't forget:
23 - 29 August - Hearing Awareness Week	

Did ya know?

Did you know that a 400ml glass of orange juice (no added sugar) contains as much sugar as a can of coke?! It is much better to eat an orange rather than drink the juice.

AUGUST / SEPTEMBER 2015

MON 24 AUGUST	TUE 25 AUGUST
WED 26 AUGUST	THUR 27 AUGUST
FRI 28 AUGUST	SAT 29 AUGUST
SUN 30 AUGUST	Hey, don't forget:

Did ya know?

Keep a look out for the BreastScreen bus visiting your town. Call BreastScreen Australia on 13 20 50 to find out more information.



MON 31 AUGUST	TUE 1 SEPTEMBER 1 - 7 September - National Asthma Awareness Week 1 - 5 September - Women's health week Month of September - International Prostate Cancer Awareness Month
WED 2 SEPTEMBER	THUR 3 SEPTEMBER
FRI 4 SEPTEMBER	SAT 5 SEPTEMBER
SUN 6 SEPTEMBER	Hey, don't forget:

Did ya know?

People with chronic disease are highly recommended to have a pneumococcal vaccine every 5 years as it protects against meningitis, pneumonia, septicemia and middle ear and sinus infections. If you have a chronic disease you may be more likely to catch these diseases. Talk to your doctor to see if you should be vaccinated.

SEPTEMBER 2015

MON

7 SEPTEMBER

8 - 14 September - National Stroke Week

TUE

8 SEPTEMBER

WED

9 SEPTEMBER

THUR

10 SEPTEMBER

CCP PROOF ONLY

10 September - World Suicide prevention day

FRI

11 SEPTEMBER

SAT

12 SEPTEMBER

11 September - "Are you ok day?"

SUN

13 SEPTEMBER

Hey, don't forget:

Did ya know?

Do you have 6 - 8 glasses of water a day?



MON 14 SEPTEMBER	TUE 15 SEPTEMBER
WED 16 SEPTEMBER	THUR 17 SEPTEMBER
FRI 18 SEPTEMBER	SAT 19 SEPTEMBER
SUN 20 SEPTEMBER	Hey, don't forget:

Did ya know?

Cut up pieces of carrots, celery, cucumber, capsicum, etc. are ideal for snacks. Dip in a skinny hummus or low fat cottage cheese for extra flavour.

SEPTEMBER / OCTOBER 2015

MON 21 SEPTEMBER	TUE 22 SEPTEMBER
WED 23 SEPTEMBER	THUR 24 SEPTEMBER
FRI 25 SEPTEMBER	SAT 26 SEPTEMBER
SUN 27 SEPTEMBER	Hey, don't forget:

Did ya know?

One clients' advice for all health professionals is to 'really listen to your patients'... "You have 2 eyes, and 2 ears but only one mouth. This is because you are supposed to listen more than you speak." - Lucca Kaldahl.



MON 28 SEPTEMBER	TUE 29 SEPTEMBER
WED 30 SEPTEMBER	THUR 1 OCTOBER
FRI 2 OCTOBER	SAT 3 OCTOBER
SUN 4 OCTOBER	Hey, don't forget:

Did ya know?

“Our vision is for a world where no one is needlessly blind, and Indigenous Australians enjoy the same health and life expectancy as other Australians.” - Fred Hollows.

OCTOBER 2015

MON 5 OCTOBER	TUE 6 OCTOBER
WED 7 OCTOBER	THUR 8 OCTOBER
FRI 9 OCTOBER	SAT 10 OCTOBER
SUN 11 OCTOBER	Hey, don't forget:

CCP PROOF ONLY

10 October - World Mental health day

Did ya know?

Did you know that October is Mental Health Month?
Ask someone R U OK?



MON 12 OCTOBER	TUE 13 OCTOBER
12 October - International Arthritis Day	
12 - 19 October - Carers week	
WED 14 OCTOBER	THUR 15 OCTOBER
CCP PROOF ONLY	
FRI 16 OCTOBER	SAT 17 OCTOBER
SUN 18 OCTOBER	Hey, don't forget:

Did ya know?

Grilling, steaming, oven baking and dry frying are the healthiest ways to cook.

OCTOBER / NOVEMBER 2015

MON 19 OCTOBER	TUE 20 OCTOBER 20 October - World Osteoporosis Day
WED 21 OCTOBER	THUR 22 OCTOBER
FRI 23 OCTOBER	SAT 24 OCTOBER
SUN 25 OCTOBER	Hey, don't forget:

Did ya know?

It's not too late to make a positive change, even if you've already developed diabetes. The bottom line is that you have more control over your health than you think. You can make a difference with healthy lifestyle changes.



MON 26 OCTOBER	TUE 27 OCTOBER 27 October - Pink Ribbon Day
WED 28 OCTOBER	THUR 29 OCTOBER CCP PROOF ONLY
FRI 30 OCTOBER	SAT 31 OCTOBER
SUN 1 NOVEMBER 1 November - 'Movember'	Hey, don't forget:

Did ya know?

Do you know that you have to renew your registration for the CTG (close the gap) initiative every November if you are Aboriginal or Torres Strait Islander? Book an appointment with your doctor this month to re-register.

NOVEMBER 2015

MON 2 NOVEMBER	TUE 3 NOVEMBER
WED 4 NOVEMBER	THUR 5 NOVEMBER
FRI 6 NOVEMBER	SAT 7 NOVEMBER
SUN 8 NOVEMBER	Hey, don't forget:

Did ya know?

Cooking packets of frozen mixed vegetables in the microwave is a perfect way to increase your daily intake of vegetables.



MON 9 NOVEMBER	TUE 10 NOVEMBER
WED 11 NOVEMBER	THUR 12 NOVEMBER
FRI 13 NOVEMBER	SAT 14 NOVEMBER
SUN 15 NOVEMBER	Hey, don't forget:

CCP PROOF ONLY

14 November - World Diabetes Day

Did ya know?

If you are longing for a soft drink, choose the no sugar soft drinks e.g. Coke Zero, Diet Coke, Sprite Zero, Diet Ginger Beer, etc. Your teeth and waistline will thank you!

NOVEMBER 2015

MON 16 NOVEMBER	TUE 17 NOVEMBER
17 - 23 November - National Cervical Cancer Awareness Week	
WED 18 NOVEMBER	THUR 19 NOVEMBER
CCP PROOF ONLY	
19 November - World Chronic Obstructive Pulmonary Disease (COPD) Day	
FRI 20 NOVEMBER	SAT 21 NOVEMBER
SUN 22 NOVEMBER	Hey, don't forget:
Did ya know? "Choose your destiny pathways with determination but equally be prepared to change course if you have chosen the wrong way to go." - Ken Wyatt.	



MON 23 NOVEMBER	TUE 24 NOVEMBER
WED 25 NOVEMBER	THUR 26 NOVEMBER
FRI 27 NOVEMBER	SAT 28 NOVEMBER
SUN 29 NOVEMBER	Hey, don't forget:

CCP PROOF ONLY

Did ya know?

Maintain your friendships. People with supportive friendship networks are at less risk of heart disease.

NOVEMBER/DECEMBER 2015

MON 30 NOVEMBER	TUE 1 DECEMBER 1 December - World Aids day
WED 2 DECEMBER	THUR 3 DECEMBER
FRI 4 DECEMBER	SAT 5 DECEMBER
SUN 6 DECEMBER	Hey, don't forget:

Did ya know?

30g of nuts (unsalted or oven roasted almonds, walnuts or Brazil nuts) are great for a mid-morning or mid-afternoon pick me up. A small handful of nuts have been shown to aid weight loss.



MON 7 DECEMBER	TUE 8 DECEMBER
WED 9 DECEMBER	THUR 10 DECEMBER
FRI 11 DECEMBER	SAT 12 DECEMBER
SUN 13 DECEMBER	Hey, don't forget:

Did ya know?

Great achievements are made up of small changes.

DECEMBER 2015

MON 14 DECEMBER	TUE 15 DECEMBER
WED 16 DECEMBER	THUR 17 DECEMBER
FRI 18 DECEMBER	SAT 19 DECEMBER
SUN 20 DECEMBER	Hey, don't forget:

Did ya know?

Get out and exercise during lunchtime. Walk around the block with friends or work colleagues.



MON 21 DECEMBER	TUE 22 DECEMBER
WED 23 DECEMBER	THUR 24 DECEMBER
FRI 25 DECEMBER	SAT 26 DECEMBER
25 December - Christmas Day	
26 December - Boxing Day	
SUN 27 DECEMBER	Hey, don't forget:

Did ya know?

All women under 70 years of age who are sexually active should have a PAP smear every 2 years, or more frequently if they have had abnormal results. Check with your doctor or care coordinator to find out when you are due a PAP.

DECEMBER 2015 / JANUARY 2016

MON 28 DECEMBER	TUE 29 DECEMBER
WED 30 DECEMBER	THUR 31 DECEMBER
FRI 1 JANUARY	SAT 2 JANUARY
SUN 3 JANUARY	Hey, don't forget:

1 January - New Years Day

Did ya know?

Do you have a few New Years resolutions you need help with? Want to quit smoking? Talk to your care coordinator or practice nurse about getting help to quit.



MON 4 JANUARY	TUE 5 JANUARY
WED 6 JANUARY	THUR 7 JANUARY
FRI 8 JANUARY	SAT 9 JANUARY
SUN 10 JANUARY	Hey, don't forget:

Did ya know?

Improve your diet. Include wholegrain cereals, legumes, fruits, vegetables, seeds and nuts in your diet and lower your risk of heart disease.

JANUARY 2016

MON 11 JANUARY	TUE 12 JANUARY
WED 13 JANUARY	THUR 14 JANUARY
FRI 15 JANUARY	SAT 16 JANUARY
SUN 17 JANUARY	Hey, don't forget:

Did ya know?

The Care Coordination and Supplementary Services programs run by WML aims to contribute to Closing the Gap in Aboriginal health by providing improved access to culturally sensitive primary care services in the WML region.



MON 18 JANUARY	TUE 19 JANUARY
WED 20 JANUARY	THUR 21 JANUARY
FRI 22 JANUARY	SAT 23 JANUARY
SUN 24 JANUARY	Hey, don't forget:

CCP PROOF ONLY

Did ya know?

The greatest wealth is Health.

JANUARY / FEBRUARY 2016

MON 25 JANUARY	TUE 26 JANUARY 26 January - Australia Day
WED 27 JANUARY	THUR 28 JANUARY
FRI 29 JANUARY	SAT 30 JANUARY
SUN 31 JANUARY	Hey, don't forget:

Did ya know?

On Australia Day we come together as a nation to celebrate what's great about Australia and being Australian. It's the day to reflect on what we have achieved and what we can be proud of in our great nation. It's the day for us to re-commit to making Australia an even better place for the future.



MON 1 FEBRUARY	TUE 2 FEBRUARY
Month of February - 1965 Freedom Riders tour	
WED 3 FEBRUARY	THUR 4 FEBRUARY
FRI 5 FEBRUARY	SAT 6 FEBRUARY
SUN 7 FEBRUARY	Hey, don't forget:
Did ya know? February is Ovarian Cancer Awareness Month.	

FEBRUARY 2016

MON 8 FEBRUARY	TUE 9 FEBRUARY
WED 10 FEBRUARY	THUR 11 FEBRUARY
FRI 12 FEBRUARY	SAT 13 FEBRUARY
SUN 14 FEBRUARY	Hey, don't forget:

Did ya know?

“At WML our mission statement is: Working together for better health in our local communities. As a chronic disease care coordinator I tell my clients my job is to help work together with their GP, guide them through the maze of Doctors appointments and tests, be at their side if they need me, ease the burden and confusion, and ultimately keep them as well as possible in their own home and reduce hospital admissions.” - Jo Marjoram CCSS care coordinator Bathurst/Orange.



MON 15 FEBRUARY	TUE 16 FEBRUARY
WED 17 FEBRUARY	THUR 18 FEBRUARY
FRI 19 FEBRUARY	SAT 20 FEBRUARY
SUN 21 FEBRUARY	Hey, don't forget:

Did ya know?

Don't sugar coat it, I'm a diabetic.

FEBRUARY / MARCH 2016

MON 22 FEBRUARY	TUE 23 FEBRUARY
WED 24 FEBRUARY	THUR 25 FEBRUARY
FRI 26 FEBRUARY	SAT 27 FEBRUARY
SUN 28 FEBRUARY	Hey, don't forget:

Did ya know?

"Health is like money, we never have a true idea of its value until we lose it." - Josh Billings



MON 29 FEBRUARY	TUE 1 MARCH
WED 2 MARCH	THUR 3 MARCH
FRI 4 MARCH	SAT 5 MARCH
SUN 6 MARCH	Hey, don't forget:

CCP PROOF ONLY

Did ya know?

People suffering from a chronic disease have an increased risk of influenza disease complications so it's advisable to be vaccinated every year. Check with your Doctor if the flu vaccine is available, as now is the time to get vaccinated.

MARCH 2016

MON 7 MARCH	TUE 8 MARCH
WED 9 MARCH	THUR 10 MARCH
FRI 11 MARCH	SAT 12 MARCH
SUN 13 MARCH	Hey, don't forget:

Did ya know?

Eat more fish. Oily fish like tuna, sardines or salmon are rich in omega-3 fatty acids and will boost your good cholesterol. Chat to your health worker or Doctor for more advice.



MON 14 MARCH	TUE 15 MARCH
WED 16 MARCH	THUR 17 MARCH
FRI 18 MARCH	SAT 19 MARCH
SUN 20 MARCH	Hey, don't forget:

CCP PROOF ONLY

Did ya know?

Last year more than 150,000 Australians took part in National Close the Gap Day. This type of support for Indigenous health equality has been central in getting Australian governments to prioritise Indigenous health over the last few years.

MARCH / APRIL 2016

MON 21 MARCH	TUE 22 MARCH
21 March - Harmony day 2015	
WED 23 MARCH	THUR 24 MARCH
CCP PROOF ONLY	
24 March - National close the Gap day 2015	
FRI 25 MARCH	SAT 26 MARCH
25 - 28 March - Easter	
SUN 27 MARCH	Hey, don't forget:

Did ya know?

Ask your Doctor or health worker about chronic disease clinics being run in your area. You may be able to see all your health professionals under one roof.



MON 28 MARCH	TUE 29 MARCH
WED 30 MARCH	THUR 31 MARCH
FRI 1 APRIL	SAT 2 APRIL
SUN 3 APRIL	Hey, don't forget:
Did ya know? Don't eat too much and do your pelvic floors.	

CCP PROOF ONLY

1 April - April Falls day

MON 4 APRIL	TUE 5 APRIL
WED 6 APRIL	THUR 7 APRIL
FRI 8 APRIL	SAT 9 APRIL
SUN 10 APRIL	Hey, don't forget:

Did ya know?

Have a diabetes test. Uncontrolled diabetes can damage your artery walls and contribute to heart disease. Make sure your Doctor checks this at your annual health check.



MON 11 APRIL	TUE 12 APRIL
WED 13 APRIL	THUR 14 APRIL
FRI 15 APRIL	SAT 16 APRIL
SUN 17 APRIL	Hey, don't forget:

CCP PROOF ONLY

Did ya know?

Limit your alcohol. It is recommended you limit yourself to no more than two standard glasses of alcohol a day if you are a man or one glass a day if you are a woman.

APRIL / MAY 2016

MON 18 APRIL	TUE 19 APRIL
WED 20 APRIL	THUR 21 APRIL
FRI 22 APRIL	SAT 23 APRIL
SUN 24 APRIL	Hey, don't forget:

Did ya know?

25th April is ANZAC Day and a day of remembrance in Australia and New Zealand that broadly commemorates all Australians and New Zealanders who served and died in all wars, conflicts, and peacekeeping operations. Lest we forget.



MON 25 APRIL	TUE 26 APRIL
25 April - ANZAC Day	
WED 27 APRIL	THUR 28 APRIL
FRI 29 APRIL	SAT 30 APRIL
SUN 1 MAY	Hey, don't forget:

Did ya know?

It's getting closer to winter season, so remember to get your flu vaccine from your doctor.

MON 2 MAY	TUE 3 MAY
WED 4 MAY	THUR 5 MAY
FRI 6 MAY	SAT 7 MAY
SUN 8 MAY	Hey, don't forget:

Did ya know?

Exercise regularly. Walk briskly for 30 minutes a day and reduce your risk of heart attack by one third. Talk to your doctor or health worker for more advice or for a referral to an exercise physiologist.



MON 9 MAY	TUE 10 MAY
WED 11 MAY	THUR 12 MAY
FRI 13 MAY	SAT 14 MAY
SUN 15 MAY	Hey, don't forget:

CCP PROOF ONLY

Did ya know?

Diabetic clients should ensure they regularly see their podiatrist and optometrist. Talk to your Doctor or diabetes educator for advice or if you require help to access these services.

MAY 2016

MON 16 MAY	TUE 17 MAY
WED 18 MAY	THUR 19 MAY
FRI 20 MAY	SAT 21 MAY
SUN 22 MAY	Hey, don't forget:

Did ya know?

National Reconciliation Week (NRW) is celebrated across Australia each year between 27th May and 3rd June. The dates commemorate two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision. The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.



MON 23 MAY	TUE 24 MAY
WED 25 MAY	THUR 26 MAY 26 May - National Sorry day
FRI 27 MAY 27 May - 3 June - National reconciliation week 2015 27 May - 48th Anniversary of Yes vote 1967	SAT 28 MAY
SUN 29 MAY	Hey, don't forget:

Did ya know?

31st May is the World Health Organisation's World No Tobacco Day. Do you need help quitting, talk to your Care Coordinator.

JUNE 2016

MON 30 MAY	TUE 31 MAY 31 May - World No tobacco day
WED 1 JUNE	THUR 2 JUNE
FRI 3 JUNE	SAT 4 JUNE
SUN 5 JUNE	Hey, don't forget:

Did ya know?

June is Bowel Cancer Awareness Month. Bowel Cancer Australia is raising public awareness of a disease that claims the lives of 77 Australians every week. Bowel cancer is the second most common type of newly diagnosed cancer in Australia affecting both men and women almost equally and is Australia's second biggest cancer killer after lung cancer.



MON 6 JUNE	TUE 7 JUNE
WED 8 JUNE	THUR 9 JUNE
FRI 10 JUNE	SAT 11 JUNE
SUN 12 JUNE	Hey, don't forget:

CCP PROOF ONLY

Did ya know?

It's Men's Health Week. Have you been to see your GP for an annual check-up or mid-life health check? These visits are important to your health and are just like taking in your car for a service. If a medical problem is picked up early, there is more chance that something can be done to 'wind the odometer back' and prevent more serious illness.

JUNE 2016

MON 13 JUNE	TUE 14 JUNE
13 - 20 June - Men's health week	
WED 15 JUNE	THUR 16 JUNE
FRI 17 JUNE	SAT 18 JUNE
SUN 19 JUNE	Hey, don't forget:

Did ya know?

This June is Go Red for women. You may be surprised to learn that heart disease is the single biggest killer of Australian women. In fact, women are three times more likely to die from heart disease than from breast cancer. To learn more about Go Red for women, go to the Heart Foundation website.



MON
20 JUNE

TUE
21 JUNE

WED
22 JUNE

THUR
23 JUNE

CCP PROOF ONLY

FRI
24 JUNE

SAT
25 JUNE

SUN
26 JUNE

Hey, don't forget:

Did ya know?

An apple a day keeps the doctor away.

JUNE 2016

MON 27 JUNE	TUE 28 JUNE
WED 29 JUNE	THUR 30 JUNE
FRI	SAT
SUN	Hey, don't forget:

Did ya know?

"Health is a relationship between you and your body." - Terri Guillemets

