



Dr Dan's Medical Clinic Newsletter

ISSUE 9

Menopause Awareness Month – October

Menopause affects each person differently, with symptoms like hot flushes, sleep issues, or mood changes. A new bulk-billed Menopause and Perimenopause Health Assessments are available to provide targeted care and support during this transition.

This assessment includes a thorough review of your symptoms, medical history, a physical check, and discussion of management options tailored to you. It also covers advice on lifestyle factors like nutrition, physical activity, and overall wellbeing.

If you're experiencing menopausal symptoms or want to learn more, ask our team about booking a Menopause Health Assessment.

Take Charge of Your Health – Join the LIFE Program!

The LIFE (Living Improvements for Everyone) Program is a free, evidence-based health initiative designed to help individuals reduce their risk of developing type 2 diabetes and cardiovascular disease.

It supports participants in making sustainable lifestyle changes through group sessions focused on healthy eating, physical activity, and overall wellbeing.

Run by trained facilitators, the program provides practical advice, goal setting, and motivation to improve long-term health.

Ready to take the first step? Book in to chat to our wonderful nurses about registering for the program!

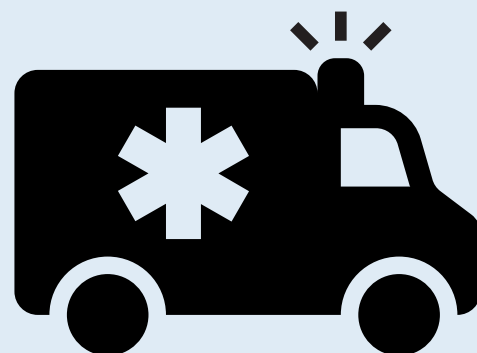
Welcomes & Farewells

We recently said a fond farewell to our receptionist, Jordy who has left to pursue an exciting new career as a paramedic.

We thank her for all her hard work and wish her the very best on this new adventure!

At the same time, we're excited to welcome two new faces to our team — Anna, our new receptionist, and Eliza, our new nurse.

We're thrilled to have them on board and look forward to the care and support they'll bring to our clinic.



Health Awareness Dates Coming Up...



Women's Health Week – 1–7 September

Asthma Week – 1–7 September

R U OK? Day – 11 September

World Heart Day – 29 September

Breast Cancer Awareness Month – 1–31 October

Pregnancy and Infant Loss Awareness Month – 1–31 October

World Menopause Awareness Month 1–31 October

World Mental Health Day – 10 October

Prescription Donations



As part of our ongoing commitment to supporting local charities, we collect donations each quarter. You'll find a donation box at reception, and we kindly ask that if you're able, consider contributing when collecting your prescriptions.

Every little bit helps make a big difference in our community — thank you for your support!

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