

YOUR HEALTH MATTERS



NEWSLETTER OF DRAPER STREET FAMILY MEDICAL ~ SPECIAL EDITION

LIFESTYLE PROGRAMS & SERVICES

OUR VISION

There has been much recent community focus on avoidable, lifestyle related, health problems such as obesity and diabetes. As a result we have decided that it is not good enough to simply advise people of how to improve their lifestyle, we need to practice what we preach! We are also keen to look at new and innovative services to our patients. We are keen to hear from you about services you would like introduced or improved.

PRAMERCISE

Pramercise has been a huge success for us and it is with some regret that we have to say goodbye to Shaun Jewell who really helped us get the whole thing kicked off. Shaun is moving to Brisbane in October. We are currently negotiating with another trainer and rest assured Pramercise will continue as ever, 8:30am every Thursday morning for the same low price of \$7 per session.

BABY MASSAGE COURSE

Another service we intend to offer on a regular basis is a baby massage course. Helen, our midwife, has completed an accredited

baby massage training course with IMIS. The courses will run for 4 week courses (1 hr each week) with a maximum of 5 participants. The cost will be \$110 (inc GST).

If you think you'd be interested in knowing more about our baby massage course please call Helen at the surgery 40511074.

HEART FOUNDATION WALKING GROUP

Our most recent program is the establishment of a Heart Foundation walking group. We



depart the surgery every wednesday morning at 8:30am for a 1 hr walk. The walk will be co-ordinated by Cathy and will always include at least 1 staff member from Draper Street Family Medical. The is aimed at anyone wishing to improve their exercise level and it is **free of charge.**

*Draper Street
Family Medical*

*Dr Liz Chappel BSc. MBBS FRACGP
Dr Jess Geniola MBBS
Dr Ian Cole MBBS FRACGP
Dr Louise Craig MBBS DRANZCOG FRACGP
Dr Alan McMahon MBBS FACRRM
Rachel Sargeant RN / Helen Gamble RN*

Opening Hours
9am to 5pm
Monday to Friday
(Excluding Public Hols)

Contact:
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