



## World Diabetes Day Offer

### Have a \$5 health check with fully qualified Sister

**Jan.** On Thursdays & Fridays she is based at Priceline Pharmacy Cessnock :-

- Request an appointment online at <http://abernethyhealthylifestyle.webs.com/> then click "Find out if you're at risk" or
- ring ahead (ph 4990 1348) or
- drop in (only on Thurs & Fri 10am-4pm).

Sister Jan will measure your blood glucose, help you participate in an Australian-run indicator analysis tool, take a few key diabetes pointer measurements, discuss your diabetes risk factors and also answer questions about diabetes or other health issues of concern. You may be offered a Post Xmas Medication Review to start the new year as the healthy happy person you ought to be.

Abernethy Healthy Lifestyle Association can help you build some gentle & sociable exercise into your life. Call 4991 3108 or Check out <http://abernethyhealthylifestyle.webs.com/>



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