

FREE

HEALTHY

community

UFS MEMBER MAGAZINE, SPRING 2017

breathing easy

allergic rhinitis (hayfever) and asthma

whooping cough

the signs and symptoms

'LIKE' TO WIN!
MEMBERS & friends GIVEAWAY

VIEW ST. PHARMACY NOW OPEN
24/7
see page 4.





Welcome



Spring is finally here!

The winter chill is behind us at last, and the first signs of spring are here. Time to get out and get active again. Whether it be starting that veggie patch with the kids (*see page 18*), picnics in the park, or weekend bike rides, spring really is a wonderful time of year.

Managing your asthma, especially if you suffer from hayfever, can be hard. *See our feature on page 6.*

Head into UFS Pharmacies for some great advice from the team and a huge range of products too.

That is, unless you suffer from allergies and asthma - then it can be tricky.

Susan Randall
UFS Pharmacist

Member benefits:



UFS Members enjoy a **6% discount** on GMHBA Health Insurance.*



As a UFS member, you'll receive **\$100 off** the joining fee at Fernwood Fitness.*

Visit us in store

UFS Pharmacies Hargreaves St	379 Hargreaves Street	03 5443 6430
UFS Pharmacies View St	Cnr View & Barnard Streets	03 5443 4610
UFS Pharmacies Strathfieldsaye	32 Blucher Street	03 5439 3513
UFS Pharmacies Maiden Gully	Shop 2, 741 Calder Highway	03 5449 7149
UFS Optical	Suite 1, 379 Hargreaves Street	03 5441 8077
Eden Body and Soul Essentials	Suite 3, 379 Hargreaves Street	03 5443 6997



Find UFS, UFS Optical and Eden on Facebook: facebook.com/bendigoufs, facebook.com/ufsopticalbendigo, facebook.com/eden.d.spa

*Conditions apply.

Everything contained in this magazine is intended as helpful information only and is in no way a medical recommendation. Please always consult your GP and your UFS Pharmacist or UFS Optometrist for professional advice in the first instance.



Donna Wagner won our 'Like' to WIN winter Mother's Day pamper pack



Fleur Featherstone won our Easter Giveaway (yum!)



Gail Sandiland won Eden's Mother's Day hamper

Winners *are gridders!*

Congratulations to all of our lucky winners!



Sally Anderson collected her Eden Hamper from our new Maiden Gully store



Vicki Cutting won the perfume hamper (*her hubby is pictured here collecting her prize*)

MAIDEN GULLY STORE GRAND OPENING PRIZE WINNERS:

- Eden Hamper **Sally Anderson**;
- Vicki Cutting** Perfume Black Opium;
- Luggage **Lila Clarkie**;
- Lauren Collins** Toiletries hamper;
- Ego gift box **Wayne Forbes**



Are you on Facebook?

'Like' our page to be one of the first to hear about competitions and promotions as they happen, as well as the latest health and beauty tips from our amazing team. Find us at facebook.com/bendigoufs

'LIKE' TO WIN!
MEMBERS & friends GIVEAWAY

SPRING FITNESS GIVEAWAY

This season we're all about getting healthy and being active, so we're giving away a Nutri Ninja Auto-IQ 1000 watt (RRP \$129) plus a 3 month Fernwood Fitness membership.



+ 3 month membership
fernwood FITNESS

*Conditions apply. Competition open to UFS Pharmacies members, their family and friends. See in store for full competition details. Competition runs from 6/9/17 to 11/10/17. Drawn on 12/10/17.

It's so easy to enter!
'Like' our Spring Fitness Gift Box giveaway post on our Facebook page: facebook.com/bendigoufs and you could be our lucky winner!

\$500
TOTAL VALUE





Supercare in our community

UFS View Street Pharmacy, open 24/7

“Supercare Pharmacy is an important health initiative for the Bendigo region and UFS Pharmacies is proud to be part of it. The initiative allows our organisation to provide community access to high quality advice and service 24 hours a day, 7 days a week.” – MICHAEL FLEMING, CEO, UFS PHARMACIES

What is a Supercare Pharmacy?

Supercare Pharmacies are a State Government initiative to support our local health system.

Supercare Pharmacies are open 24 hours a day, seven days a week, and provide round-the-clock access to pharmacists for advice, supply of medicines and dispensing prescriptions.

For many families and individuals, minor injury and illness are experienced outside of business hours, with a trip to the local hospital often the only option available. The Supercare

Pharmacies initiative aims to provide increased access for after hours face-to-face advice, and healthcare services for minor injury, illness and medicines.

The Supercare Pharmacy also operates an after hours nursing service.

The UFS View Street Pharmacy, located on the corner of View and Barnard Streets, is the only pharmacy in Bendigo open 24 hours a day, seven days a week.

After hours nursing service

A Supercare nursing service will operate nightly from 6pm to 10pm, at the UFS View Street pharmacy.

This government funded service provides triage, assessment, treatment and/or referral on to a GP, emergency department or other healthcare provider for ongoing care. This service is free to patients.

The after-hours service includes wound care, blood pressure checks, treatment of minor strains and sprains, rashes and minor burns, coughs, colds, vomiting, diarrhoea, removal of sutures or staples, injections (with prescription), and general healthcare advice.

Staffed by experienced registered nurses from the primary and community healthcare sector, with qualifications in immunisation and mental health first aid, this service is designed to provide the community with after-hours care and to take pressure off local emergency departments, particularly with presentations that can be managed in a primary care setting.



There's no better time to become a UFS member to access discounts and offers across retail, pharmacy, optical and Eden Body & Soul.

To join or renew visit:
bendigoufs.com.au/membership

Pharmacist on duty

Our Pharmacists can now provide the community access to pharmacy 24 hours per day, allowing people to seek after hours advice and treatment on low level issues. Prescriptions can now be processed and dispensed at anytime of the day, providing round the clock access to expertise and service.

Pharmacists and staff work with the after hours nurse to triage patients who might require immediate referral to the emergency department.



Safety and security

A security guard will be on premises from 6pm to 8am every day. At 10pm each night the pharmacy will be locked and access will only be permitted when the Security Guard and the Pharmacist agree that it is safe. Camera systems have been upgraded to increase visibility and overall safety. The pharmacy has upgraded external lighting, providing safe on site parking at the rear of our View Street location.

For more information, please visit the Department of Health & Human Services:
www2.health.vic.gov.au/primary-and-communityhealth/primary-care/pharmacy





Breathing easy

Understanding Allergic Rhinitis (Hayfever) and Asthma

If you're confused about the difference between allergies and asthma, you're not alone. The two are often related, have similar symptoms and can be triggered by the same things.

So how do you know whether you have allergies, asthma, or both?

Well, first and foremost, see your doctor. Your GP can run tests to ensure your diagnosis is an accurate one.

If you do happen to suffer from both allergies and asthma, it's especially important, as effective treatment for allergic rhinitis can help to keep your asthma under control. Your pharmacist can best assist in managing your symptoms and treatments once you know what you're dealing with.

What exactly is allergic rhinitis?

Allergic rhinitis is a medical condition caused by allergy to substances breathed in the air (allergens) including: house dust mites, pets, pollens, moulds and cockroaches. Allergic rhinitis is commonly known as hayfever when it occurs seasonally – during spring and summer, when pollen counts are highest.

Most people with allergic rhinitis have a blocked or runny nose. Other symptoms may include: (and you may not have all of these)

- itchy, runny or blocked nose
- itchy or watery eyes
- sneezing
- frequent sore throats
- breathing through the mouth
- snoring, and more.

Can allergic rhinitis make asthma worse?

It may not make it worse, but it can certainly make it harder to control. The things that trigger your asthma may also trigger your allergies – allergens, cold air, cigarette smoke – keeping your allergies under control may reduce the severity of an asthma attack, and help your lungs to work better.

Still confused? Don't despair.

Your GP and your UFS pharmacist will have all the best advice and be able to help you manage your allergies and asthma. You can also find up-to-date, helpful information online by visiting these websites: www.nationalasthma.org.au, www.asthmaustralia.org.au and www.allergy.org.au ■

Fast facts:

- Allergy and asthma are common
- Allergy affects around 20% of the population.
- Asthma affects around 10% of the population.
- Around 80% of people with asthma test positive for allergies.

At a glance:

Common triggers for asthma include:

- Allergens
- Infections
- Exercise
- Cold air
- Changes in temperature
- Cigarette smoke.

Source: www.allergy.org.au

Hayfever & allergies?

Sorted.

**50 PACK
PF CETIRIZINE**
(EQUIVALENT TO ZYRTEC®)
MEMBERS
\$18.36*
Normally \$22.95



**50 PACK
PF LORATADINE**
(EQUIVALENT TO CLARATYNE®)
MEMBERS
\$18.36*
Normally \$22.95

**SENSEASE NASAL
ALLERGY SPRAY**
MEMBERS
\$13.96*
Normally \$16.95



MEMBERS SAVE
20% OFF*
**HAYFEVER
RELIEF**



**60 PACK
PF FEXOFENADINE**
(EQUIVALENT TO TELFAST®)
MEMBERS
\$20.76*
Normally \$25.95

*Conditions apply.

For all your hayfever and allergy needs, drop in to one of our stores or call **5441 5590** and we'll get you sorted.



bendigoufs.com.au



WHAT'S NEW IN:

Sleep Apnoea products

UFS Members receive 10% off all sleep apnoea products and services at UFS Pharmacies, including the new Phillips Respironics Dreamwear gel pillow nasal mask (pictured here, avail. in all sizes). It is an under the nose mask with a gel pillow cushion that offers more freedom to help you sleep more comfortably, in any position.

Try before you buy

Trial price Members: \$27, normally: \$30. Take a mask home and use it for seven nights in the comfort of your own home. This trial is available for any mask, just ask our friendly staff. Drop into our Hargreaves Street store, or call 5443 6430 today.

Snoring? Sorted.

If you or your partner snore and experience daytime drowsiness, you may suffer from sleep apnoea. Our friendly UFS pharmacists can help – ask about our Sleep Apnoea Program today.

Drop into our Hargreaves Street store, or call **5443 6430** and we'll get you sorted.



379 Hargreaves Street | 03 5443 6430





ABOVE: (L-R) David, Megan and Lucy in the new Maiden Gully pharmacy

A new home for our Maiden Gully pharmacy

The new Maiden Gully UFS Pharmacies store at Shop 2, 741 Calder Highway, Maiden Gully was officially opened on Saturday June 3rd this year, and our staff couldn't be happier in their new 'home'...

Saturday June 3rd's grand opening was a celebration for UFS Pharmacies' members, staff and the local Maiden Gully community to come together and see what all the fuss was about, and they weren't disappointed!

Local school children sang, families enjoyed the free jumping castle, face painting, sausage sizzle and the visiting Maiden Gully fire truck, while staff were on

hand to meet locals, hand out lucky door prizes and some great discounts too.

Our CEO, Mr Michael Fleming, hailed the day a great success and a welcome change from the many months of hard work and organisation that went into the move, and he is confident that the new premises will more than meet the needs of the growing Maiden Gully population for many years to come.

'The new store is so much lighter, brighter and bigger, with a consulting room, waiting area with chairs and a colouring-in station for the kids', Mr Fleming said.

'One of the big highlights of the day was having the local Maiden Gully Primary School Choir come and sing for us – they were amazing!' – Megan Kowalski



The entrance to the new maiden Gully pharmacy features double automatic doors and a Bendigo Bank ATM.



The interior is bright and spacious and is designed with accessibility in mind.

We spoke to our Maiden Gully team, David Tadross (pharmacy manager and pharmacist), Megan Kowalski (retail coordinator) and Lucy Kingdon (trainee pharmacy assistant) about the new store and working in the Maiden Gully community.

Meet David:

'I have been working as a full-time pharmacist with UFS Pharmacies for more than 10 years and I love it. As the regular pharmacist, I enjoy looking after all our customers and making sure their expectations are exceeded. It is very rewarding when you make a difference to someone else's life by helping them to achieve better health outcomes.'

'Being the pharmacy manager gives me a mix of other admin responsibilities that I carry out daily in addition to my regular work as a pharmacist.'

When asked what members might be surprised to know about UFS Pharmacies Maiden Gully, David replied:

'We offer Flu and Whooping cough vaccines for adults 18 years or over.'

No need for appointments or scripts. We also have extended our working hours (8:30am till 6:00pm weekdays and 8:30am till 1:00pm on Saturdays).'

When David isn't working, his go-to is photography and photo-editing, and his superpower is being 'Mr Fixit'!

'I fix many things not working e.g.: TV, washing machine, computer, dishwasher, sliding door, broken hinge, fridge, etc.'

We're hoping we won't need David's hidden talents in our new store for quite some time yet.

Meet Megan:

'I did all my Pharmacy Training at the old store not long after it opened when Sugumar and Susan were the Pharmacy Managers. I'm excited to be back to see all the familiar faces and to meet many new customers.'

We asked Megan what members might be interested to know about her:

'I have been nominated for Pharmacy Assistant of the Year 2017 and have made the finals which will take place in Melbourne in September.'

Hopefully I can make it through to the next round and represent UFS Pharmacies at the National Pharmacy Assistant Conference held in Queensland in October.'

We're all crossing our fingers for Megan – a well-deserved nomination!

'My superpower is memorising numbers and the ability to always carry in all the shopping from the car in one load.'

Meet Lucy:

'I enjoy learning something new every day, having a new challenge and getting to know our customers.'

We asked Lucy what was special about UFS Pharmacies:

'We are not-for-profit, so we're all about the community, and we do home deliveries too.'

When Lucy's not working, she enjoys spending time with her family and friends. ■

Drop in and say 'hi' some time!

YOUNGBLOOD[®]

MINERAL COSMETICS



This spring, try Youngblood's Mineral Foundation starter kits available from \$62.95 Members, \$69.95 Non Members.





The Youngblood Difference

Mineral cosmetics with a flawless finish for all ages and skin types.

Of course, all mineral cosmetics are not created equal. Pauline Youngblood Soli, a pioneer in the industry, developed her first products in a medical setting, specifically for patients recovering from harsh medical procedures, such as laser or chemical peels, surgeries, and even cancer treatments. Her patients experienced such dramatic success that they continued using her formula long after their skin had healed, and urged her to make it commercially available.

Today, Youngblood is the premier mineral cosmetic line available, because of the luxury formulation, ideal milling process, and chic, upscale image and packaging. From the first moment you brush it on, you'll notice the incredibly silky feel, and a polished, natural finish, unlike any other makeup you've ever tried.

Youngblood products are incredibly easy to use, long-lasting, and stand up to heat, humidity, and perspiration, no matter how active your lifestyle. Whether you're at the office or at the gym, our makeup is as high-performance as you are.

Why Minerals?

Youngblood has the answer.

- Non-comedogenic (won't block pores)
- No lead (safer for you)
- No talc
- No chemical dyes
- No artificial colour or fragrance
- Not tested on animals
- No mineral oil
- Light reflecting properties
- No alcohol
- Long lasting coverage
- Pigments derived from natural minerals from the earth.

Experience the Youngblood difference for yourself.

To book an appointment, call 5443 6997 or visit

edenbody.com.au ■

\$27

FOR UFS MEMBERS*
(\$30 NON-MEMBERS)

REGULAR 8 HOUR TAN

Tuscan Tan Spray Tan
this spring at Eden

Bookings essential.

Call (03) 5443 6997

or visit edenbody.com.au

*Conditions apply,
see in-store for details.

Tuscan Tan 
spray on tanning and skin care


eden
BODY & SOUL ESSENTIALS

What's new *at Eden*

Remedial Massage

Eden are excited to welcome remedial massage therapist Stephanie Dawson to the team. Stephanie comes to us with over 10 years of experience.

Remedial Massage appointments are now available Monday and Tuesday between 10am and 6pm. Book online or call us to make an appointment. Hicaps is available for those with Private Health insurance extras too, so bring your private health fund member card.

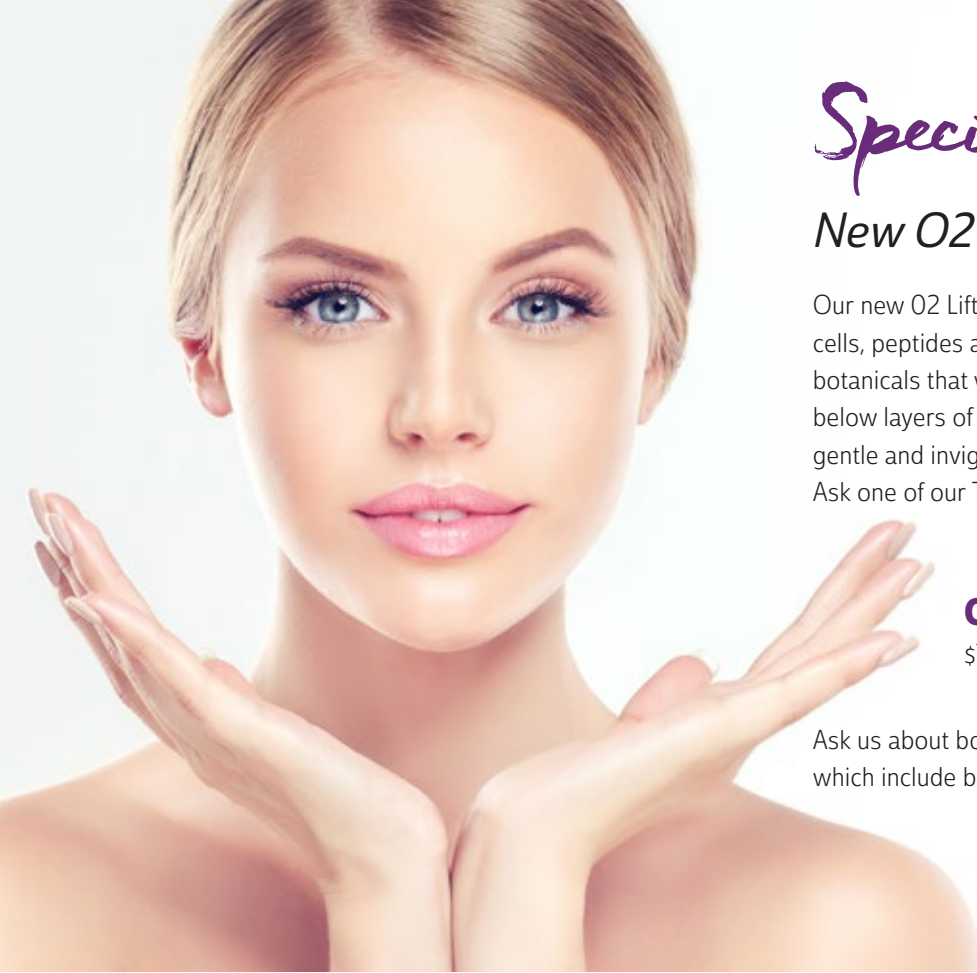
Stephanie's appointments fill very quickly, so make sure you get in early!

Book online, or call 5443 6997 today.



Wotnot facial wipes

The first face wipe that is 100% natural with certified organic ingredients to cleanse, soothe and hydrate. The skin on your face is so delicate that only the most natural ingredients should be used in facial skincare products. Wotnot has produced a face wipe so natural your skin will love it as much as you do. A makeup bag essential that removes daily impurities and grime, and gently wipes away makeup including waterproof mascara.



Special Offer!

New O2 Oxygen Lift Facial

Our new O2 Lift Facial infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals that will release fresh, healthy skin hidden below layers of older skin cells. The treatment is both gentle and invigorating, you and your skin will love it! Ask one of our Therapists for more details today!

Only \$99 Members

\$110 Non-Members

Ask us about booking a series of Oxygen facials which include bonus treatments!

BOOK NOW!

Online, or call 5443 6997 today.



Pure Fiji body products

Discover the South Pacific secret for beautiful skin and hair.

Pure Fiji brings you the best of these ancient traditions combined with advanced technology for today's natural body care. We are proud to offer you a complete line of natural beauty therapies containing uniquely Fijian plant extracts, hand selected to guarantee their highest quality.



Eden Body and Soul is hidden away at the rear of our Hargreaves Street Pharmacy - you can also access Eden's beautiful treatment rooms through the side entrance in Valentines Walk between Queen and Hargreaves Streets.

edenbody.com.au



The OTIS Foundation

– a Bendigo success story

This year marks 15 years since The OTIS Foundation was established in Bendigo by thoracic surgeon, Mr Andrew Barling, after the passing of his wife, Judy Burley, to breast cancer.

Since that time, The OTIS Foundation has grown to offer a national network of properties, made available at no cost to women experiencing breast cancer and their families. This year, the foundation will make close to 4,000 nights available across its 36 properties, with an aim to reduce the psychological impacts of breast cancer on the whole family.

Supporters like UFS Pharmacies and its members, are integral to enabling The OTIS Foundation provide this unique gift.

Each year UFS members contribute to the four local OTIS properties (St Hannah's, St Jude's and Bramare in Mandurang and Kez's Hideaway in Redesdale) and in 2017 contributed enough funds to cover the costs of providing 44 nights.

The OTIS Foundation would like to take this opportunity to thank the UFS community for its ongoing support and commitment. Each \$50 donation enables The OTIS Foundation to cover the cost of providing one night at one of its properties.

To make a one-off donation or a small monthly contribution visit otisfoundation.org.au or phone (03) 5444 1185. ■



Thank you. from Holy Rosary School

We would like to formally acknowledge the support that UFS Pharmacies and your members provide to Holy Rosary School on an annual basis in the form of your generous donation.

Our school provides a fresh fruit program to our students on a weekly basis and the funds raised by you each year are a very welcome addition, to enable us to continue providing this healthy program to our students.

Some of the students were asked why they like having fruit provided at school and these were some of their responses:

I like having fruit at school...

*"because it allows me to have fruit when I don't have any at home",
"so that I'm not hungry", "because it's healthy and gives me energy"
"because it's tasty and healthy", "because it makes me feel good"
"because it's good for me", "because there's always fruit there, even if I've
forgotten some", "because it's awesome", "because I'm always hungry".*

ST KILIAN'S PRIMARY SCHOOL CARE TEAM



St Kilian's Primary School has an active and supportive Care Team that promotes the pastoral wellbeing of the school community. This group consists of staff and parents who aim to assist families in difficult times as well as to celebrate the joys and happy moments in family and life. Within the community there are

birth announcements, expressions of condolences and other times of sadness or celebration. The Care Team support families during these times and also offer practical forms of assistance such as meals, transport to & from school and some child minding for families.

Sponsorship from the UFS Pharmacies Building a Healthier Community program provides valuable funds which provide the Care Team with the financial ability to support the social, emotional and physical wellbeing and overall health of those families in need within the St Kilian's Primary School community. ■



Don't forget!

Don't forget to nominate a sponsorship group when you renew your membership, as half of your membership fee goes to your chosen group! To renew, visit bendigoufs.com.au/membership



Roll up, roll up

The Strathfieldsaye Bowls Club is grateful to be part of the UFS Pharmacies 'Building A Healthier Community' program. The club uses these much needed funds to assist in purchasing smaller sized lawn bowls and to help promote the game to women and youth in our local community.

The lawn bowls are used on our 'Come and Try' days and our very popular 'Friday Night Barefoot Bowls'

These events are all about having fun and learning the basics of bowls. They are usually well attended by young families who live in Strathfieldsaye and surrounding areas.

At the start of each year the club runs a Wednesday night social competition under lights. We encourage our members to invite new bowlers to play in this competition which is fun and relaxed but just a little more serious than our 'Come and Try days'

to the Strathfieldsaye Bowls Club

or 'Friday Night Barefoot Bowls'. Last year we used our smaller sized bowls regularly to accommodate the growing number of women learning the game.

Thank you again UFS Pharmacies for playing a vital part in helping to fund lawn bowls development in our community.

Drop in or visit the club online:

strathfieldsaye.bowls.com.au ■

UFS IN THE COMMUNITY



BUILDING A HEALTHIER
**OVER
\$70,000**
DONATED IN 2016/17
Including \$10,000 in minor donations
and community sponsorships
COMMUNITY

UFS Pharmacies has a proud history of involvement in the Bendigo community for over 144 years as a not-for-profit membership organisation. UFS Pharmacies in Bendigo originated from a community need and involved people pooling their resources through membership to provide a local service.

That model has stood the test of time and has evolved further with our Building a Healthier Community Program that aims to support organisations through our membership nomination process.

Last financial year our members helped to contribute over \$70,000 to 86 local organisations throughout the Bendigo Region.

This will see our total contributions over the past 11 years reach \$490,000 which, for an organisation our size, is an excellent effort and is in addition to the benefits we provide our members directly. ■

Thank you to all our members.

In addition to supporting all these wonderful organisations listed here on our website:

bendigoufs.com.au/community-partnerships/

we've sponsored these local events this year:

Ride24, Bendigo Festival of Cultures and the FunLoong Fun Day.

Are your membership details up to date?

To update your membership details or renew your membership, visit members.bendigoufs.com.au/Login or download our handy members' app on Google Play or the App Store.



Whooping Cough (Pertussis)

You probably think of whooping cough as something babies and young children suffer from, but in fact it can affect both children and adults alike, and is extremely contagious.

How is it spread?

Whooping cough can be easily spread by tiny drops of fluid when coughing or sneezing, and as such it's not fussy who it infects. It can also be spread by handling objects, which others then touch, so if you or a loved one has whooping cough, try to stay away from others. Babies are most vulnerable to infection as they are not fully vaccinated yet, but contact with children, sick or elderly people should be avoided as much as possible also if you have any symptoms.

What are the symptoms?

Depending on the age of the sufferer, symptoms and the progression of the illness can change. Babies less than 6 months old typically develop cold and flu symptoms which become a cough which may get so bad they have trouble eating and breathing at times. Always seek medical care for babies and young ones presenting with these symptoms, even if you're not sure it is whooping cough. Really young children

may not make that "whoop" sound that gives the condition its name.

For older babies and young children, whooping cough usually has three stages: 1. Runny nose, sneezing and a fever which may last for a couple of weeks. 2. A cough, making the "whooping" sound when they inhale, which gets worse over time. 3. A long recovery, where symptoms slowly subside. This can last many weeks. Older children and adults generally will suffer a milder version of whooping cough, but it may still last a very long time.

How is it treated?

In most cases whooping cough will need to run its course, as antibiotics have little effect. Your doctor will monitor the progress of the illness.

Can it be prevented?

Immunisation is the best way to reduce the risk of whooping cough. The vaccine is recommended for all

children at 2, 4, 6 and 18 months and at 4 years of age. A booster is usually given at 12-13 years. A free* booster is recommended for all parents of newborns. Grandparents and carers of children less than 6 months of age should also have a booster.

If you think you might need a booster, ask your local UFS Pharmacist about the vaccine today. Vaccines are available in store, prescriptions are not required & our fully trained pharmacists can administer your whooping cough booster today.

Contact your GP as soon as possible if you suspect someone may have whooping cough, and try to keep them isolated. A home visit from your GP or a doctor-on-call service may be best. For babies, hospitalisation may be required, your doctor will advise you. ■

The Royal Children's Hospital Melbourne has a great fact sheet:
rch.org.au/kidsinfo/fact_sheets/Whooping_cough/

* Conditions apply, UFS members receive 10% discount & further discounts may apply, vaccination clinic opening hours may vary between stores.

IN SEASON

Fresh is best!

Seeds of inspiration

Once the frosty winter mornings have passed, spring is the perfect time to grow your own yummy spring veggies. Plant seedlings and you'll be ready for barbeque season in no time.

Some super salad veggies to plant in September include: Asian greens, beetroot, celery, onion, rocket and spring onions.

Gardening is a great way to get the the family outdoors in spring, so why not set up your own little veggie patch. Visit brfa.org.au and download a copy of the *Home Grown – A practical guide to growing your own fresh food* - a free booklet, published by the City of Greater Bendigo. Along with planting and growing guides and tips, there's also information on community gardens, food networks, markets, and more. ■

Super Spring Salads

We love: the Heart Foundation website

Caesar Salad

You'll love this healthier version of a classic salad.
25 mins | Serves 4

heartfoundation.org.au/recipes/caesar-salad

Chicken and Sesame Slaw

This delicious lunch or dinner dish is full of veggies to help you on your way to five a day.
45 mins | Serves 4

heartfoundation.org.au/recipes/chicken-and-sesame-slaw

There are many more super tasty and healthy recipes on the website. The recipes are easy-to-read and print beautifully too.

heartfoundation.org.au/recipes

Happy, healthy BBQ season!

NEW SEASON STYLES IN STORE NOW!

Kassidy

RRP \$129.95
MEMBERS
\$103.96*



Jacqui

RRP \$129.95
MEMBERS
\$103.96**



Rubie

RRP \$159.95
MEMBERS
\$127.96*



ORTHOTIC FRIENDLY

DIABETES RANGE

Janelle

RRP \$129.95
MEMBERS
\$103.96*



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Visit our store at 379 Hargreaves Street
or call 5443 6430 and we'll get you sorted.

MEMBERS SAVE 20% OFF* HOMYPED®

*Conditions apply. Items, styles, colours & sizes may vary.

UFS
PHARMACIES

sass & bide

EYEWEAR

Style-up THIS SPRING

Conquered
Glamour
RRP \$290.00
**MEMBERS
\$232***



Punctured
Style
RRP \$290.00
**MEMBERS
\$232***

UFS
MEMBERS SAVE
20% OFF*
EYEWEAR

Filtered
Perfection
RRP \$290.00
**MEMBERS
\$232***



Base
Elegance
RRP \$290.00
**MEMBERS
\$232***



Established in 1999, Australian label Sass & Bide has grown to become one of the most recognisable brands in the world. The label has a huge range of clothing and accessories that includes some absolutely must-have designer frames.

The Sass & Bide eyewear collection incorporates all that is synonymous with the brand – style, style and style. Sass & Bide eyeglasses are available in metal, plastic, metal and plastic and add a little modern luxury to any spring wardrobe.

UFS Optical are pleased to be able to offer a selection of on-trend Sass & Bide frames, so drop in and try on a pair today. ■

* Conditions apply. See in store for details.

AlterEgo

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ck
Calvin Klein

COGÂN

EMPORIO ARMANI

FURLA

Maui Jim

MERSEY BEAT
EYEWEAR

NO LOGO
000

OROTON

POLICE

Ray-Ban

sass & bide

Silhouette

VANNI

VERSACE

UFS
optical

Bendigo's only 24 hour pharmacy

We're open when you need us.



UFS View Street Pharmacy



OPEN 24 HOURS

UFS View Street Pharmacy is now a Supercare Pharmacy which means we never close – open 24 hours a day, every day of the year.

PHARMACIST AVAILABLE

You can now consult a pharmacist or fill a prescription, at any hour, safely and securely – right when you, or a loved one, needs it most.

NURSE ON DUTY

And with a nurse on duty from 6pm – 10pm, we can also assess and treat minor strains, sprains, cuts, burns, abrasions, and more.



24 HOUR PHARMACY

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