

Dr Dan's Medical Clinic Newsletter



Welcome to Issue 13 of Dr Dan's Medical Clinic Newsletter



Welcome Back Dr Kalen Winters

We are thrilled to announce that Dr Kalen Winters has returned back to our clinic from maternity leave! Dr Winters is available for appointments every Tuesday morning & we are excited to have them back as part of our wonderful team. To book an appointment please contact our friendly reception staff.

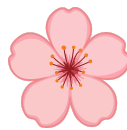


SPRING HAS ARRIVED!

As the days get longer and the weather warms up, it's a wonderful time to get outdoors, enjoy the sunshine and get your daily dose of Vitamin D.

It's also a great opportunity to check in on your health.

Whether it's managing seasonal allergies, booking a skin check, getting outside and moving your body more, or enjoying the wonderful fresh produce that spring has to offer, there are plenty of simple ways to embrace a healthier lifestyle this season.



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!



Health Awareness Dates Coming Up...

September 7–11: Women's Health Week

September 10: R U OK? Day

September 10: World Suicide Prevention Day

October – Breast Cancer Awareness Month

October – Mental Health Month

Mediterranean Chicken Wrap



Ingredients

- 1 wholegrain wrap
- 150 g grilled chicken breast, sliced
- 1 handful baby spinach
- ½ tomato, sliced
- ¼ cucumber, sliced
- 2-3 thin slices red onion
- 25 g reduced-fat feta, crumbled
- 1 tablespoon tzatziki

Method

1. Warm the wholegrain wrap for 20-30 seconds in the microwave or a dry frying pan until soft and pliable.
2. Spread the tzatziki evenly over the centre of the wrap.
3. Layer the baby spinach, tomato, cucumber and red onion.
4. Top with the sliced grilled chicken and crumbled feta.
5. Fold in both sides of the wrap before rolling tightly from the bottom.
6. Slice in half and serve immediately, or wrap tightly for lunch on the go.

<https://www.trainingground.com.au/post/mediterranean-chicken-wrap>

Farewell Lisa

As Dr Lisa finishes her time with our practice, we would like to thank her for her contribution and wish her all the very best for the future. We hope she enjoys every success in the next chapter of her career and thank her for being part of our team.

If you wish to complete a survey about your experience at the clinic, please reach out to our friendly reception team