

HEALTHY
community

FREE UFS MEMBER MAGAZINE

SUMMER '15

Fast-track Guide

**COOL
SUMMER
LOOKS**

HAPPY,
Healthy
HOLIDAY SEASON

WIN!

**A \$150
SUNGLASSES
VOUCHER!**

**CHRISTMAS
GIFTS, ALL
WRAPPED UP!**

 **UFS**
PHARMACIES



Brighter thinking for healthier living

Spring Competition Winner:

HomyPed competition:

Congratulations!

Congratulations to UFS member Marjorie Astbury!
Marjorie has won a pair of summer Homypeds,
just for purchasing a pair from our spring range.
Thank you to all who entered the spring draw.

This month we're trying something new...

See the next page for details of our "Like' to Win!"
members draw, and enter for your chance to win
–best of luck!

Visit us in store!

UFS Pharmacies Bendigo CBD
379 Hargreaves Street
03 5443 6430

UFS Pharmacies Bendigo
Cnr View & Barnard Streets
03 5443 4610

UFS Pharmacies Strathfieldsaye
32 Blucher Street
03 5439 3513

UFS Pharmacies Maiden Gully
Shop 2, 715 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

bendigoufs.com.au

Time to shine.

At UFS Pharmacies, we're all
about keeping you and your
family glowing with health
all summer – well, all year
really! This issue of Healthy
Community is packed as full
as the family car with lifestyle
articles, specialist advice and
exclusive offers, all intended
to add extra shine to the
festive season and holiday time.



From the coolest summer looks to the smartest sun care
and hydration tips, you'll find what you need to get sorted.
This includes of course, those all-important items to put
under the Christmas tree. Still, the greatest gift of all is our
health and well being – so if you're travelling, remember
to pack those summer health essentials and please
drive with extra care.

Warmest wishes from us all.

Kirrilee Miller
UFS Pharmacist

*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.

Top picks from Summer's table

IN SEASON



The very merry cherry

Nothing says summer like cherries! Full of flavour, they add a colourful flourish to every table. The best news is cherries are loaded with antioxidants, anti-inflammatory and anti-aging properties. The dark red fruit contains Anthocyanin Glycosides, properties that can help relieve gout, arthritis and also help with post-workout muscle recovery. With this summer's bumper crop, bringing out the cherries may be irresistible way beyond the festive season!

Super summer super foods

Here are the best in-season picks:

Fruit – Apricots, bananas, cherries, figs, grapefruit, grapes, limes, melons, passion fruit, peaches, pears, plums, strawberries.

Herbs – Basil, lemongrass, mint, parsley, rosemary, thyme, tarragon.

Vegetables – Beans, beetroot, capsicum, carrots, chilies, corn, cucumber, eggplant, lettuce, spring onions, peas, potato, rhubarb, silver beet, tomatoes, and zucchini.

Do it right under moonlight

Support our local growers, businesses and artists. Hargreaves Street Mall now has the Moonlight Market in full swing every month.

Here you can buy the best local food and wares in a vibrant atmosphere, or just kick back and enjoy delicious food while watching some great live free music.

moonlightmarketbendigo.com.au



IT'S YOUR CHANCE TO WIN A **\$150** SUNGLASSES VOUCHER!*

Because it's almost the 'silly season', and we're all a little fatigued, we're going to make this super easy for all!

Simply 'like' our **Summer Sunnies Competition** post on our Facebook page: facebook.com/bendigoufs and you could be our lucky winner!

It's that easy! And, don't forget to 'like' our FB page while you're there, to make sure you're the first to hear about promotions, sales, events and comps!

* Conditions apply.
See in store for full competition details.





Happy, healthy

HOLIDAY SEASON

Christmas collides with summer and the extra long school holiday. Everything seems stamped urgent. There's so little time to get geared up to cram everything into the car and hit the road.

Even if you're chilling out at home, a little preparation goes a long way to take the stress out of this frantic time of year. Breathe for a minute, the ocean or bush air will still be as fresh when you get there. Here are a few tips to help you enjoy a happy healthy summer, wherever you choose to be.

Enjoy more, stress less

The festive season should be the ultimate chill out time. However, for many people it is often the most stressful time of the year. Here are some ways to stay within budget and in good cheer:

Shop so you don't drop

Limit gifts to children only or organise a Kris Kringle. Go to the markets and buy homemade jams, chutneys and pickles.

Share the love

Concentrate on the free pleasures of Christmas – making memories and having fun with the family. Make gingerbread men and shortbread.

Make it fun not perfect

Don't go over the top and get obsessed over doing it all.

Take some tech-free time

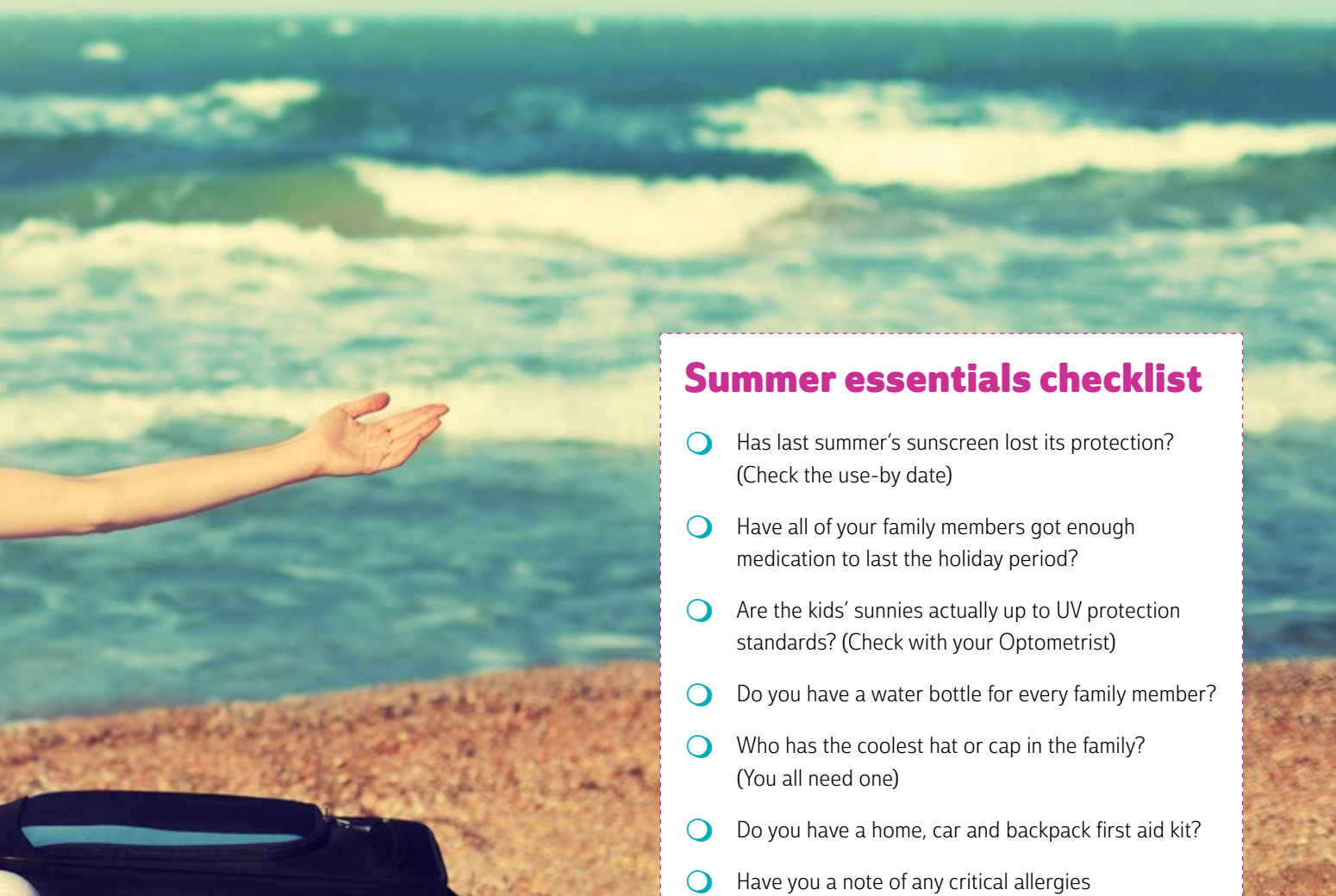
(That's almost unheard of these days!)

Don't over pack your schedule

Be sure to keep some 'you time' on the holiday agenda. Treat yourself to a massage or simply a quiet walk. Don't over-schedule your time and take on more than you can manage.

Eat breakfast before your coffee hit

Caffeine on an empty stomach can cause blood sugar levels to spike, which can make you irritable.



Summer essentials checklist

- Has last summer's sunscreen lost its protection? (Check the use-by date)
- Have all of your family members got enough medication to last the holiday period?
- Are the kids' sunnies actually up to UV protection standards? (Check with your Optometrist)
- Do you have a water bottle for every family member?
- Who has the coolest hat or cap in the family? (You all need one)
- Do you have a home, car and backpack first aid kit?
- Have you a note of any critical allergies and family blood types in the first aid kit?
- Check your torch batteries and pack a few extras.
- Pack band-aids, disinfecting wipes, antibiotic cream, insect repellent and a sting treatment.
- Pack ear drops in case of Swimmer's Ear. (Discuss with your pharmacist)
- Instant ice packs or gel packs are also handy.

Fit in exercise

Going for a run or hitting the gym can make you feel better. Research has found that workouts can boost your mood for up to 12 hours. Walking has a calming effect on your brain, decreases anxiety and improves sleep.

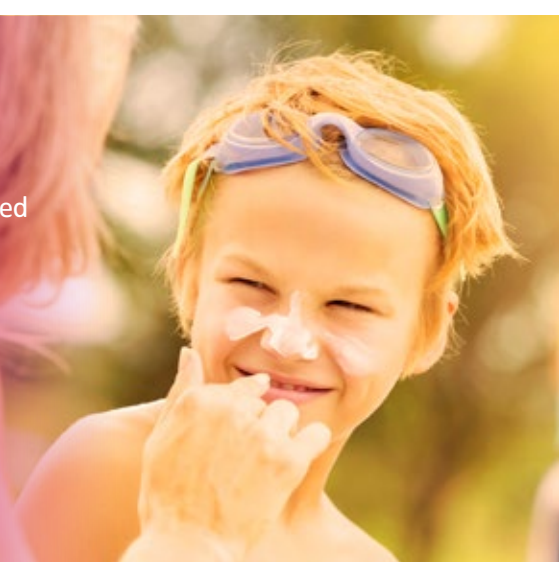
If you have kids

Take turns with your partner doing kid-duty. Make your own decorations and let the kids be creative.

Summer fun, Sorted.

As a member of UFS Pharmacies, you can save up to 20% on suncare and related products – and you'll be helping us in Building a Healthier Community too.

Our friendly pharmacists are here for you. For great advice and personal service, drop in to one of our stores or call **5441 5590** and we'll get you sorted.





Fast-track Guide >>

COOL SUMMER LOOKS

Summer brings with it great 'shades', designer shorts, shorter hemlines, plunging neck lines, skimpy bikinis and bathers, making it more essential than ever to keep your body and skin in tip-top condition well before you hit the beach or pool. The great news is that throughout this most revealing of seasons you can chill out knowing Eden has all your body essentials sorted.

Find out more at edenbody.com.au



HEALTHY GLOW *by Eden*

Superior quality mineral makeup dramatically improves the look of any type of complexion. It creates the illusion of clear, healthy blemish free skin with just a light coverage and can be applied in seconds.

Eden Body and Soul are now official stockists of Youngblood Mineral Cosmetics.

Find out more at edenbody.com.au

Top Tip #1

Make yours Mineral

There's nothing making a bigger splash in cosmetics than Youngblood right now.

True to their words, 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, the makeup is as high-performance as you are. Here are a few highlights:

All Youngblood products are formulated with 100% pure luxurious minerals. Your skin will look and feel luminous.



Youngblood offers a full line of mineral cosmetics for people of all ages, from teenagers with active lifestyles that may need protection from the sun, to mature people with demanding schedules who are seeking ease of application and effective long-wearing performance. This is the product of choice for any skin type whether oily, dry or combination.

Top Tip #2

Survey the Manscape

If you think hair removal, tanning and skin treatments are just for the ladies, think again. Today's man is stepping up!

Men's skin has different needs and issues. Now is the time to get rid of unwanted hair with IPL or waxing. IPL hair reduction treatments are a safe, easy, and quick solution to unwanted hair and can be successfully used on the body or the face. Other treatments focus on deep cleansing, smoothing exfoliation, extractions and critical hydration.

The True Beauty of GIVING

We're making gift giving even more attractive this season. There's a little something for everyone under the tree this year... see page 15 for more luxurious gift ideas!



1. Dermalogica Super Rich Repair Gift Set, RRP \$117.00 **Members \$105.^{30*}**
2. Dermalogica Active Moist Gift Set, RRP \$71.50 **Members \$64.^{35*}**
3. OPI All Stars 10 Pack, RRP \$44.95 **Members \$40.^{45*}**
4. OPI Planet Smooth Lotions Gift Pack, RRP \$19.95 **Members \$17.^{95*}**
5. Youngblood Loose Mineral Foundation Pack, RRP \$109.00 **Members \$98.^{10*}** (Also available: Youngblood Liquid Mineral Foundation Pack, RRP \$116, **Members \$104.^{40*}**)

* Conditions apply on Member discount. Products available at Eden Body and Soul, while stocks last.

HYDRATION

Create your own cool change

H²O - the way to go

Drinking eight standard glasses of plain, filtered water every day helps maintain critical moisture balance of the body and skin, and assists in detoxing. If you drink caffeinated beverages, you need to triple the amount of water you drink!

Stay as cool as a cucumber

While water is always the best way to stay hydrated, fruits and vegetables can also help too:

Cucumbers have a water content of more than 90 percent and can actually help the body not only stay hydrated, but flush out toxins as well.

Celery is loaded with water and is super easy to munch on.

Tomatoes are 94 percent water and can help keep your skin looking great. They're a good source of Beta-carotene that can help protect your skin from sun damage.

Green capsicum are juicy, full of water, and are also an excellent source of antioxidants.

Watermelon is nearly 92% water. The remaining 8% is rich in the antioxidant Lycopene, a compound that helps your immune system produce antibodies to fight disease.

Extra popular popsicles

Make your very own natural ice blocks using fresh summer fruits. Choose whole fruits, fresh squeezed juices and natural sweeteners. Better still, get the kids to make them!

Protect the skin you are in

Here are some treatments to help protect your skin from the sun or to revitalise afterwards. You'll find most of these at Eden, with great savings for UFS Pharmacies members:

Super-soothing botanicals and cooling gels can help prevent peeling and reduce redness and inflammation.

Keep your skin hydrated

Improve hydration with intensive masques, perfect for use once or twice a week. Boosters are a great complement, working best when layered underneath a moisturiser. Toners are a refreshing moisturiser preparation, working to even out skin porosity.

Exfoliate for clearer, smoother skin

Exfoliation removes dead, dulling skin debris to prevent congestion and improve hydration from toners and moisturisers.

Bio-Hydroderm™ buffs away dead skin cells. It combines exfoliation, skin cooling and skin hydration for an immediately visible improvement to your skin.

Mineral sea salts and seaweed

exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils and extracts help stimulate the senses while cleansing and conditioning, and the added benefit of warmth helps invigorate the mind and body.

Body foliation therapy uses a rice bran powder to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sunspots.

Try a sun-less tan like Self Tanning Lotion SPF 15 to build color gradually. Your face naturally will always be a shade or two lighter than your body. To build colour on your face as well, alternate between a tinted moisturiser and a facial self-tanner to achieve an even wash of sun-kissed colour.

Stay out of the harmful sun and still have a lovely golden glow for up to 10 days with a Tuscan Tan.

Find out more at
edenbody.com.au



UFS MEMBERS
**SAVE
10%**
ON YOUNGBLOOD
AT EDEN*

*Conditions apply.

*Experience the
art of beauty...*

Call (03) 5443 6997, visit edenbody.com.au
or drop in to Suite 3, 379 Hargreaves Street, Bendigo
(at the rear of UFS Pharmacies)

YOUNGBLOOD®
MINERAL COSMETICS

UFS
PHARMACIES

eden
BODY & SOUL ESSENTIALS

This Christmas,
*give the gift
of pure indulgence...*



Give an Eden Gift Voucher

Whether it's a special gift for a family member, a friend, lover or just for yourself, this is sure to surprise and delight.

Conveniently located at the rear of UFS Pharmacies in Hargreaves Street, we're a professional team of beauty therapists ready to help make this festive season a truly special one. Phone 5443 6997 or drop in today.

www.edenbody.com.au

 **UFS**
PHARMACIES


eden
BODY & SOUL ESSENTIALS



DON'T SEE YOUR *optical benefits* DISAPPEAR THIS YEAR

If you have private health, now's the time to check with your health fund if you have any optical entitlements remaining for this year.

Most major funds have a cut-off point at the end of December and not the typical end of year. This reflects a 'use it or lose it' policy when it comes to yearly member entitlements. Generally, the more comprehensive your cover, the higher the annual limits. You may find this extends to a contribution to prescription sunglasses to protect your eye health this summer.

Call UFS Optical on 5441 8077 to make an appointment. Remember, UFS Members save more at UFS Optical.*

* Conditions apply.

Did you know?

<< Fun facts

- The average blink lasts for about 1/10th of a second.
- You blink about 12 times every minute.
- Seeing is such a big part of everyday life that it requires about half of the brain to get involved.
- Newborns don't produce tears. They make crying sounds, but the tears don't start flowing until they are about 4-13 weeks old.
- Out of all the muscles in your body, the muscles that control your eyes are the most active.
- While it takes some time for most parts of your body to warm up to their full potential, your eyes are on their "A game" 24/7.



Source: www.vsp.com

Membership Rewards



'Like' UFS Pharmacies on Facebook and be the first to know about our latest specials, competitions and more!

Visit www.facebook.com/bendigoufs and hit 'like' to get in on the action!



The long summer break is a great time to get the kids' eyes checked!

FOCUS ON EARLY DETECTION

At UFS Optical our focus is on detecting eye health problems early.

Depending on your symptoms, we often recommend examining and recording the state of your eyes in greater detail with a 3D retinal camera. This helps us to see the bigger picture.

Things we can see sooner

Two of the most critical future eye issues our retinal camera can detect are Macular Degeneration and Glaucoma.

Technical terms with big implications!

Macular Degeneration is a medical condition that usually affects older people and results in the loss of vision in the centre of the visual field.

Glaucoma is a collection of diseases that damage the optic nerve and ultimately result in vision loss or even blindness.

The good news is that with early detection and treatment you can often protect your eyes from both. Equally important is how the camera can help see symptoms such as Diabetes and as a result help us give you diet advice, not just optical.

Macular Degeneration affects up to 50 million people globally.

Know more in a blink

Taking the 3D image is very simple and usually only involves a camera flash. If you have small pupils you may need some mild droplets to enlarge them – this helps the camera to capture a more accurate reading. If you need droplets, you won't be able to drive for a few hours after the checkup.

Is 3D Retinal Imaging for you?

3D Digital Retinal Imaging is worth considering if you have, or think you have, any of the following:

- Diabetes
- Macular Degeneration
- Glaucoma
- Other retinal disorders
- Reduced vision
- A family history of any of the above.

It's always wise to have your eyes checked regularly. Talk to your UFS Optometrist to see if 3D Digital Retinal Imaging would be beneficial for you. Call 5441 8077 to make an appointment.

**3D
RETINAL
IMAGING**

\$28* for UFS members

Call 5441 8077 or visit bendigoufs.com.au

Suite 1, 379 Hargreaves St, Bendigo.
(located at the rear of UFS Pharmacies in Hargreaves St.)

*Conditions apply. See in store for details.

UFS
optical

Summer shades

More than a shade stylish...

As well as being a fashion must-have, the right sunglasses provide much needed protection from harmful UV rays.

FOR HIM

FOR HER

MEMBERS SAVE
20% OFF*
SUNGLASSES

*Conditions apply.



2.



3.



1.



4.

AND DON'T FORGET
THE KIDS



7.



6.



5.

A good quality
pair of sunglasses
makes a great
stocking filler!

See the full range in store today at
UFS Optical

1. Orotan Ophelia (1503088) RRP \$235 **Members \$188.00*** 2. Emporio Armani (EA4048 5390/81), RRP \$279 **Members \$233.20*** 3. Bollé Brisbane Gun Metal, RRP \$240 **Members \$192.00*** 4. Maui Jim Leia (10/L), RRP \$369 **Members \$295.20***
FOR THE KIDS: 5. Bollé Anaconda Cry Smk, RRP \$49.95 Members \$39.95* 6. Bollé Fang Jnr Pink, RRP \$49.95 **Members \$39.95*** 7. Bollé Prince Shy Blk, RRP \$49.95 **Members \$39.95***

*Conditions apply. See in store for details.

bollé

ck
Calvin Klein

EMPORIO ARMANI

GUCCI

Maui Jim

OROTON

POLICE

Ray-Ban

sass & bide

VERSACE

UFS
optical

Partnering to save lives

Volunteers Casey Johnson and Sharon McCrohan holding the AED in front of the SES storm trailer.



The Bendigo Unit of the State Emergency Service is a volunteer based emergency service. Its 50 volunteers provide an emergency response to events including storm, flood, earthquake and road crash rescue.

The unit is very active within the greater Bendigo community – the 2014-2015 financial year saw us called to 375 requests for assistance, 54 of which were rescue calls (including road crash and industrial accidents). We also have a strong focus on community education, regularly visiting schools and community groups to share key messages of preparedness and resilience. As a volunteer based emergency service, we actively seek funding to allow us to continue to provide the best possible response to the needs of our community.

The unit has been proud to partner with UFS Pharmacies in the Building a Healthier Community Program since 2011.

Each year we are delighted to accept a cheque from UFS Pharmacies as a

direct result of a growing number of UFS Pharmacies members nominating our unit as the beneficiary of a portion of their UFS Pharmacies membership fee. This year we are very excited to put the funds received from UFS Pharmacies towards the purchase of an AED, or defibrillator.

As volunteers, when we receive a page to attend an emergency job, we need to leave our home or our workplace in order to turn out, rather than paid emergency staff who are often sitting in their station ready to respond immediately to any call. This means that we are often on scene after police and ambulance, but we are all first aid trained, and there are certainly occasions we need to apply this training at a scene.

Statistics have shown that in the event of cardiac arrest, early intervention is the key to survival, and although CPR isn't a guarantee of survival, those patients who have received CPR from bystanders have a much higher recovery rate than those not receiving this care. An AED, while

not appropriate for all patients, used when required, again has a significantly positive impact on the long term survival of cardiac patients.

Adding this tool to our resources has been our goal for some time – the cost has been prohibitive. We are very thankful to the team at UFS Pharmacies for the funding which has finally allowed us to add this important piece of equipment to our toolbox. We hope we never have to use it, but having it on hand, and having all our volunteers trained in the use of such a device, gives us, and our community, great peace of mind.

The volunteers of Bendigo SES look forward to many years of partnership with the team at UFS Pharmacies, with the people within our community the ultimate beneficiaries of such a partnership.

facebook.com/Bendigo-SES
ses.vic.gov.au

Written by Natalie Stanway, Volunteer.

Membership

CHECK UP:
Is yours up-to-date?



UFS members
SAVE here!

From time to time we run members-only promotions and offers, which we'd love you to be involved in. Next time you're in store, ask one of our friendly staff to check your membership is up-to-date, and to confirm your contact details are correct for you. It'll only take a moment or two.

CHRISTMAS GIFTS *all wrapped up!*

Looking for the perfect gift, that will surprise and delight, without having to look too far? At UFS Pharmacies we've got Christmas sorted! Our extensive range of top brand cosmetics and fragrances make the perfect gift... choose from one of our pre-packed gift sets, or let one of our friendly staff put something extra special together just for you. Drop in and see us today, you might say we're Santa's little helpers...

Not all brands available in all stores. Products may vary. For more information, see in store, or give us a call.

MEMBERS SAVE
10-20% OFF*
GIFT PACKS

*Conditions apply.

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10.



1. MOR gift set (View St & Hargreaves St only), RRP \$49.95 **Members \$39.⁹⁶*** 2. Shiseido Benefiance Gift Pack (Hargreaves St only), RRP \$85 **Members \$76.⁵⁰*** 3. Natio Mens Gift Box, RRP \$19.95 **Members \$15.⁹⁶*** 4. WoodWick Candles (Hargreaves St & View St only), RRP \$36.95 **Members \$29.56** 5. Napoleon Perdis Love Gloss Collection (Hargreaves St only), RRP \$59.00 **Members \$53.¹⁰*** 6. Morris & Co Shea Butter Hand Cream 100ml (all stores), RRP \$21.95 **Members \$17.56*** 7. Miss Dior Limited Edition Gift Pack (View St & Hargreaves St only), RRP \$175 **Members \$157.⁵⁰*** 8. Dior Mens Fragrance Sauvage (View St & Hargreaves St only), RRP \$140 **Members \$126.⁰⁰*** 9. L'Occitane Shea Butter Collection (View St only), RRP \$65 **Members \$58.⁵⁰*** 10. L'Occitane Hand Cream Gift Pack (View St only), RRP \$32 **Members \$28.⁸⁰***

* Conditions apply. See in store for details.

Summer sun care, *Sorted.*



**EGO SUN SENSE
SPORT SPF 50+
500ML
MEMBERS
\$19.96***
Normally \$24.95



**MEMBERS SAVE
20% OFF*
SUNSCREEN
& SUN CARE**



**NATIO SUNCARE
SUN LOTION
SPF 50+ 200ML
MEMBERS
\$12.76***
Normally \$15.95

**EGO SUN SENSE
JUNIOR SPF 50+
50ML
MEMBERS
\$8.76***
Normally \$10.95



**CETAPHIL
SUNTIVITY SPF 50+
MEMBERS
\$18.00***
Normally \$22.50



**NATIO SUNCARE
SPF 50+ 100ML
MEMBERS
\$10.36***
Normally \$12.95



Did you know?

The SPF rating is a measure
of the fraction of
sunburn-producing UV rays
that reach the skin.

Check out this Sun Smart link:
[cancer.org.au/preventing-cancer/
sun-protection/](http://cancer.org.au/preventing-cancer/sun-protection/)



**PHARMACY
CHOICE DRY TOUCH
SPF 50+ 1L
MEMBERS
\$19.96***
Normally \$24.95



Purchase any Natio Suncare
products over value of \$25
and receive a
FREE GIFT!**

Our summer sun is harsh, and as much as we love the longer days, we need to protect our skin from harmful UV rays. Rehydrating after sun exposure will help keep skin looking younger longer too. So, enjoy your summer with UFS Pharmacies.

Our friendly pharmacists are here for you. For great advice and personal service, drop in to one of our stores or call **5441 5590** and we'll get you sorted.

bendigoufs.com.au

*Conditions apply. **Free gift: Aloe & Cucumber After Sun Lotion valued at \$13.95

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Cnr View & Barnard Streets

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