

HEALTHY
community

FREE UFS MEMBER MAGAZINE

AUTUMN '16

Fast-track Guide

SILKY
Smooth
SKIN

A STRONGER
Immune
system

**MOTHER'S DAY,
IN THE BAG!**

'LIKE' TO
WIN!
MEMBERS
& friends
GIVEAWAY

 **UFS**
PHARMACIES

Boost your health & wellbeing

Competition Winners:

Christmas Members Draws: 4x \$1,000 cash

Congratulations to our four lucky winners of \$1,000 cash each, in our Christmas Members Draws:

Week 1 – Wendy Thacker of Maiden Gully

Week 2 – Catherine Farley of Strathfieldsaye

Week 3 – Elenore Phillips of Maiden Gully

Week 4 – Jill Clapham of Strathfieldsaye

'Like to WIN!' - \$150 sunglasses voucher

Congratulations to Ms Shayne Scilini of Strathfieldsaye who won a \$150 voucher from UFS Optical.

Maui Jim sunglasses

Congratulations to Kerry Barnard of Bendigo, who won a pair of Maui Jim sunglasses of her choosing.



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

Time to turn over a new leaf.

At UFS Pharmacies, we're all for new year's resolutions, and if yours hasn't been as easy as you thought to put in place, you're not alone! We all start the year with the best of intentions, but life gets busy and our health doesn't always come first. We understand it can sometimes be an effort, that's why this issue of Healthy Community is overflowing with articles, specialist advice and exclusive offers to boost your health and wellbeing as we head towards the cooler winter months.



From eating well for better health to sleeping well and winter beauty tips, you'll find what you need to get sorted. We're making sure you don't forget Mum, with some great gift ideas for that perfect Mother's Day gift. Still, the greatest gift of all is our health and wellbeing – so if you're keen to stay well this coming winter remember to try some of our tips for boosting your immune system, and stay strong!

The best of health to you and yours,

Kiriilee Miller
UFS Pharmacist

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

*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.

IN SEASON

Immune boosting Autumn Eats



You are what you eat

Did you grow up hearing “you are what you eat” or “you only get out what you put in”? OK, that second one might have been aimed at motivation more than nutrition, but it does make you think about what you’re filling your body with, doesn’t it?

In the lead up to winter, fuelling up on good sources of Vitamin C such as red or yellow capsicum, citrus fruits, kiwi fruit, green leafy vegetables, broccoli and strawberries – combined with good natural sources of Zinc such as oysters, beef, wheat germ and pumpkin seeds – will go a long way to providing you with ‘the right stuff’ to give your body a fighting chance against viruses and infection.

Super-charged immunity boosters

Here are some more foods to help avoid winter colds:

Yoghurt – Many yogurts contain probiotics that help your body resist contaminations and aid in quicker recovery from infections.

Green Tea – Not only does it aid in weight loss, green tea also contains antioxidants needed for optimal health.

Sweet Potatoes – Swap out your regular mashed potato for sweet potatoes, the carbohydrate is rich in antioxidants and improves cell function.

Fresh is best

Bendigo has an abundance of market-fresh produce ripe for the picking! Why not make market shopping part of your regular routine? Bendigo Prince of Wales Showground Market Every Sunday, 8.30am - 3pm, Holmes Road, Bendigo. Entry is free and there’s plenty of free parking too. Bendigo Community Farmers’ Market The 2nd Saturday of each month, 9am - 1pm at Sidney Myer Place, Bendigo.

www.bendigoshow.org.au/themarket
www.bcfm.org.au

IT'S YOUR
CHANCE
TO WIN A **\$200**
VOUCHER!
FROM EDEN BODY AND SOUL ESSENTIALS



Want to win a \$200 voucher to spend on some pampering for Mum?
Or perhaps you just need a little spoiling yourself!

'Like' our **Eden voucher giveaway**
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!

'LIKE' TO
WIN!
MEMBERS
& friends
GIVEAWAY

* Conditions apply. Competition open to UFS Pharmacies members, their family & friends. See in store for full competition details.

 **UFS**
PHARMACIES



A stronger immune system, for a healthier you

Your immune system is one of the most important systems in your body, it defends against viruses and bacteria. As we head towards winter, now is the perfect time to start boosting your immunity against those dreaded colds and flus!

A common sense approach to healthy living – a diet high in fruits and vegies, whole grains, regular exercise, 8-10 glasses of water a day, a little sunshine, maintaining a healthy weight, less alcohol, more sleep, less stress – is fundamental to your good health and a strong immune system. **Phew!**

In a perfect world, we'd all shop fresh, eat fresh, and do "all the right things"...but sometimes our best intentions lose out to convenience, to the stresses of everyday life and even when you are doing all the right things – how can you be sure it's enough? Life can be hectic to say the least, and it's not always as easy as we think it should be to protect ourselves and our families.

**Fortunately, you don't
have to go it alone.
Your UFS Pharmacist
is here to assist you.**

UFS Pharmacies stock an extensive range of herbal and nutritional supplements which may help you recover faster and improve your resistance to infections. We sell and recommend BioCeuticals® products. BioCeuticals® are your choice for high-quality, practitioner-only, nutritional and therapeutic supplements from a proudly Australian company. Renowned for manufacturing and delivering high quality integrative medicines to healthcare practitioners, BioCeuticals® aims to consistently raise the standards of complementary therapies.

It's important to remember that there's no "one size fits all" when it comes to health and wellbeing, so drop in to your local UFS Pharmacy and speak to your friendly pharmacist to find out what's right for you and your family today.



Are you getting enough?

Here are some of the most important supplements for beating winter colds:

- ☐ Echinacea
- ☐ Olive leaf
- ☐ Vitamin C
- ☐ Vitamin A
- ☐ Vitamin D
- ☐ Zinc
- ☐ Mushrooms
- ☐ Andrographis

SPOTLIGHT ON:

Ethical Nutrients Immune Defence – available in all UFS Pharmacies

Introducing Ethical Nutrients Professional Natural Medicines, a premium quality, scientifically studied and therapeutic range.

It is Ethical Nutrients' mission to help people live happier, healthier lives.

Ethical Nutrients Immune Defence may: support healthy immune function when taken once daily; reduce the severity and duration of a cold when taken twice daily. A blend including Andrographis, Ginseng, Echinacea with Vitamin A, Zinc and more, it is

available in sizes:
30 and 60 tablets.

Remember to always consult your Pharmacist when trying any new medicine or remedy.

ethicalnutrients.com.au

MEMBERS SAVE
20% OFF*
ETHICAL
NUTRIENTS



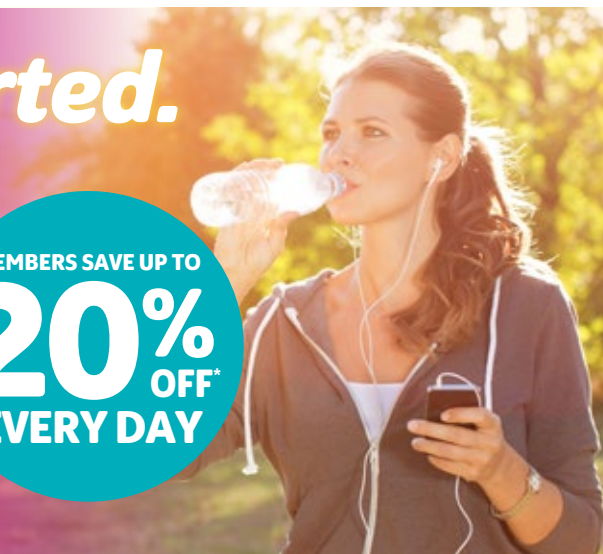
*Conditions apply.

Healthier living, Sorted.

As a member of UFS Pharmacies, you can save up to 20% on vitamin and immunity supplements – 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, call **5441 5590** or visit bendigoufs.com.au and we'll get you sorted.

MEMBERS SAVE UP TO
20% OFF*
EVERY DAY





Fast-track Guide >>

SILKY SMOOTH SKIN

The cool change is here, with your favourite jeans, leather boots and warm woollens, it's that time to cover up again, and now is the perfect time to start thinking about rejuvenating your skin. Be it acne reduction, pigmentation therapy, vascular therapy, permanent hair reduction or just a healthier glow, there's an IPL & Advanced Skin treatment that's right for you. So say hello to a new you. At Eden, we've got a silky smooth, confident new you sorted.

Find out more at:

www.edenbody.com.au/

[ipl-advanced-skin-treatments](http://www.edenbody.com.au/ipl-advanced-skin-treatments)


eden
BODY & SOUL ESSENTIALS



20% off IPL at eden

At Eden Body & Soul Essentials, we offer Rejuvenation and Pigmentation Treatments using IPL for a more natural, healthier looking you.

Located at the rear of UFS Pharmacies in Hargreaves Street, you'll be in the

hands of a professional team of beauty therapists ready to take care of you.

Book online at www.edenbody.com.au or drop in and say hello to a newer you.

Top Tip #1

Try IPL - what have you got to lose?

If you're tired of shaving all the time, or wish you didn't have to wax, then IPL at Eden may be for you. IPL hair reduction treatments are a safe, easy and quick alternative and can be successfully used on the body or the face. Usually a course of 6-8 treatments is required to achieve an optimal result. Why not make an appointment with one of our specially trained therapists to see whether IPL will work for you? You could soon be looking at a lifetime of smooth skin with only the occasional maintenance treatment.

Top Tip #2

Maintain that sun-kissed glow!

We all love a little sunshine, so saying goodbye to summer can leave us feeling flat, and leave our skin feeling a little dry and looking dull. Autumn is the perfect time to renew and refresh, and to protect our skin against the harsh winter chills, and if you're ageing (aren't we all!) you'll know all too well that long term sun exposure decreases the production of collagen, which in turn causes damage to the skin making it feel wrinkled,

coarse and looking red and tired. Skin rejuvenation treatments will improve skin tone, texture, refine and refresh, by increasing the production of collagen in the skin.



MOTHER'S DAY
is in the bag!



Well, rather it's in this delightful purple pillow-box!

Purchase a gift voucher to the value of \$60 or more before Mother's Day, and you'll also receive two FREE travel size Dermalogica products and three FREE purse sized Youngblood products!

*Conditions apply, while stocks last, see in store for details.



**BUY 1
COFFEE
GET 1
FREE***

at the Hargreaves St
UFS Coffee Shop

Why not bring Mum in
for a coffee before
Mother's Day!



*Conditions apply. Cut out and bring this coupon with you to redeem this offer.

Bringing something new to THE BEDROOM

Sleep Apnoea: a disorder in which breathing is repeatedly interrupted during sleep.

Treatment for sleep apnoea can rely on some simple changes to lifestyle, such as losing weight. There are also some medical conditions which can affect your quality of sleep too – talk to your UFS Pharmacist.

Assuming you've got your lifestyle factors, and other conditions under control, the most effective treatment available today is a CPAP machine which delivers continuous positive airway pressure (CPAP) via a mask worn at night, that prevents the throat from collapsing by transmitting increased air pressure. The key to this treatment is finding a mask and machine that match your individual needs.

Daytime sleepiness may distinguish simple snorers from people with sleep apnoea.

UFS Pharmacies – Bendigo's CPAP experts

At UFS Pharmacies, our Sleep Apnoea Program includes a detailed screening process that is followed by overnight home-based diagnostic testing. Diagnosis and all treatment recommendations are made by specially trained doctors and are available within a fortnight and results are discussed with one of our friendly pharmacists.

Patients requiring a CPAP trial are guided through treatment by a trained CPAP expert. We also provide ongoing support and advice for all CPAP users.

Call us to book your free, no-obligation appointment, or drop into our Hargreaves Street store. UFS Pharmacies CPAP experts are available at our Hargreaves Street pharmacy Monday to Friday, 9am - 6pm. To ensure we can spend more time with you, booking an appointment is recommended.

Patients with sleep apnoea and their partners often dread bedtime, until they experience night time (and sunny-side-up mornings!) with a CPAP machine. Wouldn't you like to start enjoying your bedroom again?

The low-down on sleep apnoea

Signs, symptoms & related conditions:

- Snoring
- interrupted pausing in breathing during sleep
- gasping or choking during sleep
- excessive sleepiness or fatigue during the day

Treatment with CPAP can assist with getting lifestyle factors eg. weight & blood pressure under control.



AUTUMN STYLES IN STORE NOW!

For the latest season homyped, visit us at our Hargreaves Street store, or call 5443 6430 and we'll get you sorted.



Ruth

RRP \$169.95
**MEMBERS
\$135.96***

Jewel

RRP \$149.95
**MEMBERS
\$119.96***



Lucy

RRP \$149.95
**MEMBERS
\$119.96***



Giddy

RRP \$139.95
**MEMBERS
\$111.96***

Gazelle

RRP \$89.95
**MEMBERS
\$71.96***



MEMBERS SAVE
20% OFF*
HOMYPED®

Bambi

RRP \$44.95
**MEMBERS
\$35.96***



Claire

RRP \$139.95
**MEMBERS
\$111.96***



Member Benefits:

Healthy savings with GMHBA

Leading not-for-profit health fund GMHBA offers quality health insurance at discounted rates for Bendigo UFS Members. Members can access up to a 6% discount off GMHBA's already great value rates and enjoy the convenience of direct debit deductions.

To take advantage of this great offer please contact GMHBA on **1300 446 422** or Request a Personalised Quote at Shop 11a Fountain Court, Mitchell Street, Bendigo. Make sure you quote your Bendigo UFS Membership number when enquiring.

UFS members
SAVE here!

GMHBA
Health Insurance

You're off to a running start with Fernwood Fitness

Save \$100* and get fit and foxy at Fernwood. Female UFS members receive \$100.00 off the joining fee when they sign up*.

**Simply show your UFS membership card at Fernwood Fitness when you sign up.*

Phone: **03 5441 8008**

Level 1/358 Hargreaves Street, Bendigo

UFS members
SAVE here!

fernwood FITNESS

Membership check-up



NEW!

Sign up, renew or update your details online, go to **www.bendigoufs.com.au/membership** today!

UFS members
SAVE here!

eden
BODY & SOUL ESSENTIALS

UFS
optical

UFS
PHARMACIES

PBS Reforms

Concession card holders discount at UFS Pharmacies

From 1st January 2016, the Commonwealth Government has allowed discounting of the PBS co-payment by up to \$1.

At UFS we will be passing on this full \$1 discount directly to our concession customers.

Customers who usually reach the Safety Net and Webster Pack patients will be asked of their preferences to ensure they receive the best value for their money (ask us how in store).

From time to time we run members-only promotions and offers, which we'd love you to be involved in. So jump on our website, or 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 too. It'll only take a moment or two.



*Experience the
art of beauty...*

UFS MEMBERS

**SAVE
10%**

ON YOUNGBLOOD
AT EDEN*



YOUNGBLOOD®
MINERAL COSMETICS

Protect your skin
in cold weather

**10%
OFF***

**DERMALOGICA
FOR UFS MEMBERS**

Keep your skin looking soft
and radiant through autumn
and winter. Speak to one
of our experienced beauty
therapists today.

**Visit edenbody.com.au
or call 5443 6997.**



dermalogica®

*Conditions apply.

These products only available from Eden

Suite 3, 379 Hargreaves Street (at the rear of our Hargreaves Street Pharmacy)

www.edenbody.com.au


eden
BODY & SOUL ESSENTIALS

FINDING YOUR Perfect Fit

Did you know that lens fitting errors can significantly reduce the optical performance of your lenses?

Best vision can only be achieved if your lenses are fitted to match the position of your eyes, the inclination of your head and the position of your glasses on your nose.

Introducing the state-of-the-art i.Terminal mobile from ZEISS.

i.Terminal mobile is an innovative digital tool that allows us to quickly and accurately measure all of these parameters on our patients. The ZEISS centration technology of the i.Terminal allows the position of the frame and lenses to be calculated to the nearest tenth of a millimetre, ensuring your ZEISS precision lenses provide 100% performance.

So, what does this mean for me?

- better fit
- better vision

Utilising leading-edge technology, you can be sure that you're getting the best possible solution for your optimal vision.

And, what will it cost me?

Nothing - your precision fitting is included in your standard consultation and replaces the manual assessment and fitting your optical dispenser would have previously done for you.

At UFS Optical we're taking the guess work out of finding your perfect vision in prescription eyewear with the new i.Terminal mobile from ZEISS.

Make an appointment with your friendly Optometrist at UFS Optical today!

Only precision fitting will help you get the most out of your prescription lenses



You and UFS Optical the perfect fit

At UFS Optical we're taking the guess work out of finding your perfect match in prescription eyewear. Make an appointment with a UFS Optical 'match-maker' today!

Visit us in store or call 5441 8077 and we'll get you sorted.

ufsoptical.com.au
379 Hargreaves Street, Bendigo (at the rear of UFS Pharmacies)



COLOUR FOR THE *cooler seasons*



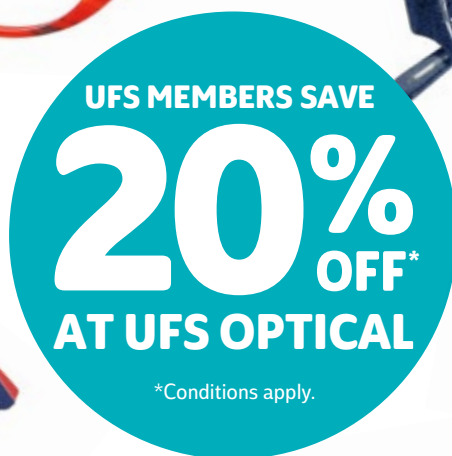
1.



2.



5.



3.



4.

Brighten your
winter wardrobe
with bold colours
and striking
patterns.

1. Lafont Saveur RRP \$600⁰⁰ **Members \$480⁰⁰*** 2. Lafont Singuliere RRP \$635⁰⁰
Members \$508⁰⁰* 3. Lafont Saveur RRP \$600⁰⁰ **Members \$480⁰⁰***
4. Lafont Genie RRP \$420⁰⁰ **\$336⁰⁰*** 5. Lafont Sophie RRP \$580⁰⁰ **Members \$464⁰⁰***

* Conditions apply. See in store for details.

AlterEgo

bolle

ck
Calvin Klein

COGÂN

EMPORIO ARMANI

GUCCI

Maui Jim

NO LOGO
000

OROTON

POLICE

Ray-Ban

sass & bide

Silhouette

VANNI

VERSACE

UFS
optical

UFS in the Community

Caring with compassion

Bendigo Animal Welfare & Community Services and UFS Pharmacies

Bendigo Animal Welfare & Community Services (BAWCS) recently opened their Shelter doors to invite supporters who had participated in their Buy A Brick program to view their bricks.

Funds raised from brick purchases helped to build the new shelter and visitors were delighted with how their support had helped to establish Central Victoria's only "No Kill" Shelter.

BAWCS Shelter also benefits from UFS Pharmacies Building a Healthier Community Program with over 600 members nominating BAWCS to receive half of their membership fee.

For more info. visit: bawcs.org.au



Volunteers at the BAWCS open day.

Celebrating who we are

UFS Pharmacies support the Bendigo Festival of Cultures



UFS Pharmacies staff getting ready for the 'Celebrating Who We Are Concert' – a great family friendly day in the Hargreaves Street Mall which was held on Saturday 19 March 2016. The festival is an annual event.

UFS Pharmacies supports the Bendigo Festival of Cultures because as a business we share a number of the values that the festival embodies. UFS Pharmacies is a community owned not for profit group that's focused on health and wellbeing outcomes for the community, so we naturally see the festival as a good fit for us.

Like a lot of Bendigo businesses, we too have a diverse workforce representing numerous cultures and religious beliefs from all around the world. It's a broad group of people, with incredibly different backgrounds

and we've always been proud of the welcoming nature of both our teams at UFS Pharmacies and the entire Bendigo community.

We think it's very important for Bendigo to be seen as a welcoming community and any way in which we can help to get that message out there is something we are interested in. It's in line with our values as an organisation and we think the majority of the community feel that way too.

Rowan Powell

Operations Manager
UFS Pharmacies

bendigofestivalofcultures.org.au

MOTHER'S DAY GIFTS

sorted!

I ♥ mum!



1.



2.



3.



e.g. Shiseido Benefiance gift set (Members \$81.00)



4.



5.



6.



7.

e.g. L'Occitane Weekend en Provence gift bags, assorted (Members from \$35.10)

e.g. L'Occitane Hugs and Kisses, lip balm and hand cream gift packs (Members \$22.50)



8.

Something special for Mum, or for yourself?
Sorted.

FREE COFFEE OFFER

See page 7

EDEN VOUCHER OFFER

See page 7

1. OPI gift set (Eden, Hargreaves St only), RRP \$39.95 **Members \$35.95***
2. Dermalogica skin kits (Eden, Suite 3, 379 Hargreaves St only), starting from RRP \$51.50 **Members \$46.35***
3. Youngblood starter kits (Eden, Suite 3, 379 Hargreaves St only), RRP \$69.95 **Members \$62.95***
4. Natio Mother's Day Gift Boxes & Bags (all stores), from RRP \$19.95 **Members \$15.96***
5. Darrell Lea Mother's Day Gift Bags (all stores), RRP \$25
6. Shiseido Mothers Day Luxury Indulgence gift packs (Hargreaves St only), from RRP \$72 **Members \$64.80***
7. L'Occitane gift ideas (View St only), from RRP \$25 **Members \$22.50***
8. Novelty Microwavable heat bags & bed warmers (all stores), from RRP \$31.95 **Members \$25.56***

* Conditions apply. See in store for details.

A healthier winter, *Sorted.*

Stop colds and flus
in their tracks!

**SUPER MULTI
(30 TABLETS)
MEMBERS
\$15.96***
Normally \$19.95



**MEMBERS
SAVE UP TO
20%
OFF*
IMMUNE
BOOSTERS**



**QUALITY HEALTH
AUSTRALIA
VITAMIN C 500MG
(200 TABLETS)
MEMBERS
\$9.56***
Normally \$11.95



**ETHICAL NUTRIENTS
IMMUNE DEFENCE
(30 TABLETS)
MEMBERS
\$22.36***
Normally \$27.95



**ETHICAL NUTRIENTS
EXTRA C
(60 TABLETS)
MEMBERS
\$22.36***
Normally \$27.95



**ETHICAL NUTRIENTS
INNER HEALTH PLUS
(30 CAPSULES)
MEMBERS
\$22.36***
Normally \$27.95

**ETHICAL NUTRIENTS
EXTRA C ZINGLES
(50 TABLETS)
MEMBERS
\$15.96***
Normally \$19.95



*Start this winter
in top health!*

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.

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