

FREE

HEALTHY community

UFS MEMBER MAGAZINE, WINTER 2017

menopause

weathering the storm

flu season

how to avoid the
flu this winter

♥ mum

gorgeous gift ideas
for Mother's Day

'LIKE' TO
WIN!
MEMBERS
& friends
GIVEAWAY

 **UFS**
PHARMACIES



Welcome



Batten down the hatches, winter is here!

Winter's exciting, with skiing holidays, big roast dinners and playing video games when it rains. You should be able to enjoy these times with your family and friends but we recognise that this may be easier said than done.

Staying warm and eating well are so important if you want to keep healthy over winter – getting enough sleep and exercise are important too – but

sometimes you need a little more. You may ward off the common cold with a little TLC but it will take a shot to protect against a constantly changing flu virus.

Head into UFS Pharmacies and ask for your immunisation today. No appointment needed.

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 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



Find UFS, UFS Optical and Eden on Facebook: facebook.com/bendigoufs,
facebook.com/ufopticalbendigo, 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.



Rachel Mackenzie won our UFS Optical 'Like' to WIN competition!



Frances Pitt won our homyped® 'Like' to WIN competition!



Mary Howard won \$1000 in week 1 of our Members Christmas Prize Draw!

Winners *are grinner!*

Congratulations to our six lucky winners from last season's competitions!



Jacinta Lock won \$1000 in week 2 of our Members Christmas Prize Draw!



Melanie Newell won \$1000 in week 3 of our Members Christmas Prize Draw!



John Hermans won \$1000 in week 4 of our Members Christmas Prize Draw!



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



MOTHER'S DAY PAMPER PACK

Gift basket from UFS Pharmacies including:

- Stress-less Herbal Tea
- Wicked Sista Eye Mask
- Natio Mother's Day Pack
- WoodWick Scented Candle
- Napoleon Perdis Art Eye & Cheek Palette
- Wicked Sista Ocean Breeze scarf

It's so easy to enter!

'Like' our Mother's Day Pamper Pack giveaway post on our Facebook page: facebook.com/bendigoufs and you could be our lucky winner!

VALUED AT OVER
\$350

PLUS a Touch of Eden (90 min) Spa Package valued at \$165!

*Conditions apply. Competition open to UFS Pharmacies members, their family and friends. See in store for full competition details. Competition runs from 7/4/17 to 4/5/17. Drawn on 5/5/17.





Meet the team: UFS Optical

The tight knit UFS Optical team are a cheerful bunch – they won't let an early morning photoshoot dampen their moods. So, let's meet them.

UFS Optical opened its doors in 2008 and Chris has been there from the start. He has more than 19 years experience in the optical industry as an Optical Dispenser and there is very little that he doesn't know about optics. Loretto has well over 10 years experience as an Optical Dispenser and has worked alongside Chris for

many of those years. UFS Optometrist Leonie Skewes BSc Optom GCOT (Melb), Ophthalmic Medicines Prescriber, has more than 25 years experience in the industry including having run her own practice, and became a member of the UFS Optical team 5 years ago. She has many long term patients, and it's clear that with

her professional manner and thorough approach, all of her patients are confident they're in good hands.

Jacinta is the most recent addition having worked in optical for just over a year (although she's worked at UFS for many years in various roles), she is always learning on the job from our very experienced optical team.

What's the best part about working in UFS Optical?

"The people I work with are fantastic!" Jacinta responds – and it's clear that the whole team feels this way. Chris says he feels very fortunate to work with such a diverse team and that it's their differences that keep things running smoothly. After reeling off his team's many strengths, Chris modestly says, "I'm probably a bit more of a people's person" – that's a big understatement! He welcomes everyone with a warm friendly smile, professional service and doesn't mind a bit of a chat.

Do people put off eye checkups, and if so, why?

UFS Optical has many regular patients who never miss a checkup, although some people are not as concerned about their eyes as you'd expect.

After over 10 years of industry experience, Loretto feels that "it's just one of those things that people don't think about. It's funny, because you can't replace your eyes" she says.

Leonie recommends having your eyes checked every two years unless there's something that needs to be checked more frequently.

Do UFS Pharmacies members benefit at UFS Optical?

If you're a UFS Pharmacies member, your member benefits extend to optical. UFS Optical offers members 20%* off frames, prescriptions, retinal imaging, frame and lens packages, sunglasses and accessories.

...it's [each member of the team's] differences that keep things running smoothly.

The UFS Optical team are professional and friendly, plus their willingness to help and the light-hearted way they go about it will make any optometrist appointment with them a pleasure to attend. So, come meet your experienced UFS Optical team today. ■

*Conditions apply, see in store for details.



From left: Chris (Optical Manager), Loretto (Optical Dispenser), Leonie (Optometrist), Jacinta (Sales Assistant).

Colds and flus, Sorted.

As a member of UFS Pharmacies, you can save up to 20% on cold and flu relief and preventative 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.



What's happening to me?

Menopause isn't an illness, it's a natural transition which signifies the end of a woman's reproductive years and will eventually happen to all women. Menopause is marked by 12 months without menstruation but the symptoms can occur in the time leading up to, and after, these 12 months.

In Australia, "most women reach menopause between the ages of 45 and 55, the average [age] being 51"¹. You begin approaching menopause when the eggs that you're born with begin to run low and your sex-hormone production slows down. These hormones usually control menstruation and once they fall below a certain level your menstrual cycle will stop completely –you'll have reached menopause.

Recognising Menopause

Sometimes the lead-up to menopause can go completely unnoticed, however, there are some tell-tail signs that it is occurring. Hot flashes (80% of women) and memory and concentration difficulties (62% of women)² are most commonly reported in the lead-up to menopause. Other common symptoms are:

...once [your hormones] fall below a certain level your menstrual cycle will stop completely – you'll have reached menopause.

- Chills and night sweats
- Tiredness and difficulty sleeping
- Headaches
- Bone and muscle aches
- Nausea
- Weight gain
- Weakened bones

Although the direct symptoms of menopause are physical, such a big transition often affects mental health as well, with some women experiencing symptoms such as:

- Irritability
- Mood swings
- Anxiety and panic attacks
- Cravings
- Decreased libido
- Depression

These are all only potential symptoms, some women may go through the whole transition completely unaware and unaffected.

What can you do?

Menopause can't be "cured" because it isn't an illness, it's a natural process. However, the transition and symptoms

¹ BetterHealth Channel, www.betterhealth.vic.gov.au/health/conditionsandtreatments/menopause

² The Women's, www.thewomens.org.au/health-information/menopause-information/menopause-an-overview/



A friendly reminder to the partners:



"Please don't make a fuss looking for a solution, I just need someone to listen."

"Please be flexible, I may need to make changes."

"You're not the problem, so please don't be upset if I stay in the guest bedroom, I'm sweating!"

"Please don't forget the little things – good morning smiles, a goodbye kiss, an offer to cook, all the support you can give *does* help."

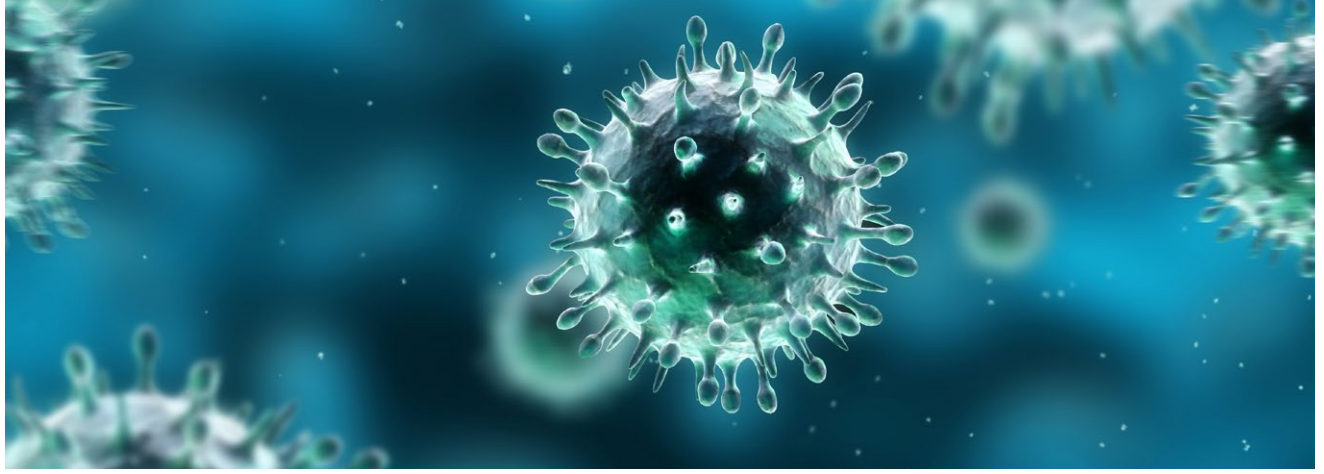
can be managed and your discomfort reduced with a bit of care. Maintaining a healthy diet and regular exercise can help alleviate many of the physical discomforts associated with menopause and have a "flow-on" effect to your mental health.

Diet - Anecdotal evidence suggests that increasing soy-based products in your diet may help ease hot flashes and night sweats. Avoiding caffeine, alcohol and spicy food and drink may also reduce hot flashes because they can act as "triggers". It may also be wise to speak to your doctor or pharmacist if calcium and/or vitamin D supplements are required.

Exercise - Maintaining physical activity is important regardless of your place in life and menopause is no exception. Exercising may ease your sleeping difficulties but make sure to be careful and plan activities so as not to irritate your other symptoms.

Who can help you?

Each woman's experience of menopause is slightly different, in some cases symptoms can go totally unnoticed while other cases are so severe they need treatment. Whatever the case, however severe your symptoms seem to be, you should speak to your local UFS Pharmacist, they can provide you with the information you need to treat your symptoms. A conversation with these professionals can be invaluable, and could even help you to decide, for example, whether you need to eat more greens or undergo Hormone Replacement Therapy. ■



Immunisation: not just for the kids

It can be hard to keep up with your immunisation, especially in your adult years. Mum won't drag you to your appointment, you'll have to make a voluntary trip this time – and aren't immunisations expensive? Turns out they're not.

You wouldn't want to break your arm if you could help it, so why risk catching meningitis or pneumonia? These diseases can be prevented and there's something that *you* can do about it. Under the National Immunisation Program (NIP),

vaccinations against these diseases are available free of charge to those who qualify.

This doesn't mean you'll get a yearly package of vaccine and needles dropped at your door to top up your immunity. You'll have to be a little more proactive. There's heaps of information online about which immunisations you may qualify to receive. To find out more visit immunise.health.gov.au ■

Common Immunisation *myths*

Myth: Natural Immunity works just as well, if not better.

Fact: In order to develop natural immunity against a disease you must contract the disease. This can often have dire consequences to your health. Take Smallpox, for example, without vaccination this disease would kill millions of people each year.

Myth: Immunisations can give you the same disease they try to prevent.

Fact: Immunisations contain a piece of deactivated virus that your body recognises as foreign. An immunisation inserts it into your body, causing it to build immunity without ever coming in contact with the live virus. This creates a "memory" of the virus so your body can defend itself if it is ever exposed.

Myth: Immunisations contain unsafe toxins.

Fact: Typically, the main chemicals of people's concern are formaldehyde, mercury and aluminum which are used only in trace amounts to make the vaccine. The amount of these chemicals found in a vaccine are negligible; higher levels of formaldehyde are produced by natural processes in your own body.

Your membership at your *fingertips*.

Members first.

You've told us you need more time in your days, less store cards, and easier access to getting scripts filled. We listened, and we're happy to say our member app is here.

With the 'UFS Pharmacies' app, you can submit a prescription, update or renew your membership, manage your members, choose to scan in-store for member discounts (no more card to carry!), find your nearest store and check opening hours.

Now we've got you sorted anywhere, anytime!
Download the app today.



Search: UFS Pharmacies



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.



Bendigo CBD. 379 Hargreaves Street | 03 5443 6430



Spark your winter glow

Winter is a time of rest. We tend to stay inside and cover up more in the cooler weather, so it's the perfect time of year to give your skin a little extra love in anticipation for the summer months.



dermalogica® at Eden

It's not just heavy traffic, smog and cigarette smoke that causes your skin to age. Ash from wood fires and even dust in the air can damage your skin, causing those tell-tale signs of age. Dermalogica's new daily superfoliant is your first line of defence against skin-aging pollution.

IPL treatments that won't break the bank

IPL technology has improved considerably, and is now more affordable than ever.

It can be difficult to look and feel your best in the cold and that's alright, sometimes you need a hand.

A simple course of 6 to 10 IPL hair removal treatments gives you a lifetime of silky smooth skin with only occasional maintenance treatments, saving you the hassle of waxing and shaving.

Did you know that IPL is great for skin rejuvenation too? In fact, IPL skin treatments at Eden can provide a wide range of benefits, from skin rejuvenation to acne treatment and pigment correction.

So take advantage of your warm winter clothes; they'll protect your sensitive skin after an IPL treatment.

Love your skin this winter with IPL permanent hair removal. With new lower pricing on IPL, there's never been a better time to book an appointment.

To book an appointment, call 5443 6997 or visit edenbody.com.au ■

Mother's Day, sorted!



Purchase an Eden 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!

Visit Eden in-store, call 5443 6997, or buy online at edenbody.com.au

**BONUS
OFFER**

Bring in this advert when you purchase your voucher and receive a FREE OPI nail polish!

*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!

UFS
PHARMACIES

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

Glaucoma: you won't see it coming.

Glaucoma is a largely unobservable group of eye diseases in which damage to the optic nerves causes a loss of vision.

What causes glaucoma?

Damage to the optic nerve is responsible for the vision loss that comes with glaucoma, the most common cause of this damage is high pressure in the eyes. However, there are people with low eye pressure who develop glaucoma and people with high eye pressure who don't develop glaucoma.

Who's at risk?

The onset of glaucoma is more common as people age (it's recommended that you have your eyes checked before age 40) but it can affect people of any age. Things like high eye pressure, diabetes, high myopia, prolonged use of steroid medications or a family history of the disease are better indicators of your increased susceptibility to the disease.

Symptoms

The condition often goes undetected as the causes and symptoms of the disease are largely invisible to the untrained eye. Vision loss tends to occur slowly often beginning with your peripheral vision.

Have you had your eyes checked recently?

A bit of foresight could save a lot of your sight! If you have any concerns, book an optometrist appointment and ask for a glaucoma test. Comprehensive eye examinations are the best way to detect glaucoma.

Treatment or cure

Unfortunately, glaucoma cannot be cured but the associated vision loss can be slowed or even stopped. Treatments focus on reducing

the pressure in your eyes and will require ongoing care for the rest of your life.

Who can help

Early detection is paramount so regular eye examinations are essential. Your optometrist will be able to assess your risk factors during your appointment and refer you to an Ophthalmologist if necessary.

Want to find out more?

Visit UFS Optical and have a chat with our team, or visit the Glaucoma Australia Website: glaucoma.org.au ■

Normal vision.



Mild Glaucoma.



Moderate Glaucoma.



New season specs

UFS MEMBERS SAVE 20% OFF* EYEWEAR

Vogue
RRP \$150.00
MEMBERS \$120*

Esprit
RRP \$250.00
MEMBERS \$200*

Ray-Ban
RRP \$250.00
MEMBERS \$200*

Emporio Armani
RRP \$250.00
MEMBERS \$200*

Morrissey
RRP \$220.00
MEMBERS \$176*

All the above new season frames are included in our Designer Frame & Lens Packages!

* Conditions apply. See in store for details.



DESIGNER FRAME AND LENS PACKAGES

FROM
\$149
FOR UFS MEMBERS*

NON-MEMBERS
FROM \$187.45

*Conditions apply, see in-store for details.

ufsoptical.com.au
379 Hargreaves Street, Bendigo (behind UFS Pharmacies)



Healthy food for those in need

Food poverty is a reality for about 1 in 9 people in Central Victoria.



Image: The kids at Eaglehawk Primary school cook great meals with food from Bendigo Foodshare and from their school garden. Food for thought and skills for life!

These are the people that we at Bendigo Foodshare seek to help each week. Mostly staffed by volunteers, each week we will source and distribute food donations to 14,000 people in need of a meal.

Partnered with over 100 schools, charities and community organizations, we are able to feed to those in need across many rural communities.

We've got all points of the compass covered, providing food aid from Echuca in the North to Gisborne in the south, from Girgarre in the east, to Avoca in the west.

All the food is donated, and fundraising goes into equipment hire and management.

As a result, for every \$1 we raise, we can provide food for 16 meals.

But we can't do this alone.

We're currently backed by many local businesses such as UFS Pharmacies, clubs and individuals who help in supporting those experiencing tough times.

If you want to get involved with Bendigo Foodshare, visit our website at bendigofoodshare.org.au ■

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





A gift of love

Jemima's Gift Inc is an official registered, not for profit, pro-life animal rescue group based in Bendigo.

Our organisation named after Jemima, a beautiful mother cat who came to us from a country pound after living in a gutter raising litter after litter of kittens. She also helped mother several orphan kittens. If her carer wasn't watching she would steal orphaned kittens and take them back with her own to care for them. Jemima was very special, but unfortunately became very ill and despite intensive medical treatment we were unable to save her. Her memory lives on in Jemima's Gift and we will continue to save the lives of other animals like her who don't deserve to be abandoned and mistreated.

We've been running for almost two years and have so far rehomed over 250 unwanted cats and dogs. These animals came from country pounds and private surrenders when people

were no longer able to care for them. All animals are rehomed desexed, vaccinated, microchipped, flea/worm treated and vet checked. Other vet work is also provided where required, such as dental, eye treatments, dew claw removal and any other health investigations we consider necessary prior to rehoming. We have a stringent rehoming process where we carefully match each animal to its potential new home to make the best match for both the animal and the new family.

All animals are kept in the homes of our valued foster carers where we can assess each individual animal's personality therefore making suitable matches to new homes. This way we can observe their personalities, energy levels, training requirements, suitability for children and how they react to other animals. Vet work is provided by the group and foster carers provide the food, bedding, love and a safe place to crash until they are ready to move on to their new lives.

We receive no funding and operate by constant fundraising by a small group of volunteers. We are a registered charity and donations over \$2 are tax deductible. We are always looking for new foster carers and volunteers to help us out in fundraising, adoption days and events.

If you would like any further information please call 0481 393 681, follow Jemima's Gift on Facebook or visit the website at jemimagift.com ■

Jemima's Gift is quite new to our Building a Healthier Community Program. You can help by nominating their group when you renew your membership.



Healthier Community

Thank you.



Thank you to all of our members, on behalf of:

Atisha Buddhist Centre
Axedale Primary School
Bears Lagoon Serpentine Football & Netball Club
Bendigo & District Concert Band
Bendigo Amateur Radio & Electronics Club
Bendigo Animal Welfare & Community Services
Bendigo Autism Asperger Group
Bendigo Breast Cancer Support Services Network
Bendigo Chinese Cultural Community
Bendigo Community Toy Library
Bendigo East Baseball Club
Bendigo Foodshare
Bendigo Scleroderma Support Group
Bendigo Senior Secondary College
Bendigo South East Secondary College
Bendigo Special Developmental School
Bendigo Squash Club
Bendigo Symphony Orchestra
Bendigo Violet Street Primary School
Camp Hill Primary School
Campbell's Forest Hall
Catholic College Bendigo
Creek Street Christian College
Crusoe Secondary College
Dr Harry Little Memorial Pre School
Dragon City Derby Dolls
Dragons Abreast Bendigo

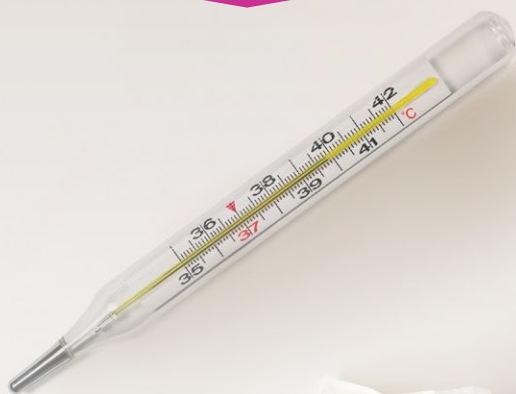
Eppalock Primary School
Forever Friends Bendigo
Golden City Football Club
Golden Square Football & Netball Club
Golden Square Kindergarten
Golden Square Swimming Pool
Heartbeat Victoria - Bendigo Branch
Holy Rosary Primary School
Huntly Primary School
Interchange - Loddon Mallee Region
Jemima's Gift
Junortoun Fire Brigade
Kalianna Special School
Kennington Primary School
Lightning Reef Primary School
Lockwood Primary School
Lockwood South Primary School
Maiden Gully Fire Brigade
Maiden Gully Junior Football Club
Maiden Gully Neighbourhood Watch
Maiden Gully Primary School
Marist College
Marong Fire Brigade
Marong Football & Netball Club
Marong Pre School
Marong Primary School
Mount Pleasant Football Netball Club
National Seniors - Bendigo & District
North Bendigo Pre School

Quarry Hill Primary School
Quest Equine Welfare
Righteous Pups Australia
Senjuns Hockey Club
Sing Australia Bendigo
South Bendigo Football & Netball Club
Specimen Hill Primary School
Spring Gully Primary School
St Francis of the Fields Primary School
St Josephs Primary School
St Kilian's Primary School
St Liborius Primary School
St Luke's Anglicare
St Peter's Primary School
St Therese's Primary School
State Emergency Service Victoria (SES) - Bendigo Unit
Strathfieldsaye Bowls Club
Strathfieldsaye Dodgers Baseball Club
Strathfieldsaye Jets Cricket Club
Strathfieldsaye Junior Football Club
Strathfieldsaye Junior Netball Club
Strathfieldsaye Pre School
Strathfieldsaye Primary School
The Otis Foundation
Valkyrie Care Group
Weeroona College Bendigo
Wildlife Rescue & Information Network
Zodiacs Netball Club
Zonta Club of Bendigo

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.





The Flu & you

Unlike the common cold, the flu virus can cause severe illness. Being able to identify symptoms and knowing where to find treatment can reduce the severity of the infection.

Symptoms can be very similar to the common cold, such as fatigue, headaches, coughing, sneezing and runny noses. However, the flu can include more serious symptoms as well such as high fever, chills and muscle aches. Severe cases can even develop longer-term health problems such as chest and sinus infections, bronchitis and pneumonia.

The flu virus is more prominent during the winter. The very young, elderly, and pregnant are more susceptible to infection and need to be especially careful in these months. Those with existing illness, Aboriginal or Torres Strait heritage or underlying medical conditions are also at increased risk.

Prevention

The first step to prevention of the flu is hygiene – washing your hands is one of the most important preventative steps you can take against the flu as most cases are passed on through hand contact. Although washing your hands regularly can have a huge impact on the cases of infection, it isn't a comprehensive defence against the flu virus. The best way to avoid infection is immunisation – the vaccines are updated regularly to protect against new viral strains each year. Immunisation readies your immune system for when it meets the flu virus, teaching your body how to recognise the virus and equipping it with the tools needed respond to the infection

quickly. Your pharmacist will also be able to point you in the right direction for all your nasal decongestant, anti-fever and sore throat needs.

How can your pharmacist help?

The flu virus regularly changes, so the immunisation which work against it need to be updated every year. The Flu vaccine is free* for the at-risk Australians mentioned above, under the National Immunisation Program. ■

UFS Pharmacies now offers immunisation in store, so talk to your local UFS Pharmacist to find out when you're due for your next immunisation and get it done on the spot, no appointment needed.

* Conditions apply, Cost \$29.95, UFS members receive 10% discount & further discounts may apply, vaccination clinic opening hours may vary between stores.

Comfort food that's kind to you

Welcome to the winter months! These 13 frosty weeks are notorious for their ability to reduce households to a pile of tissues and runny noses, "shrink clothes" and affect bathroom scale readings.

During the colder months, it's easy to lose motivation and let your fitness slip. A warm, cosy bed is much more appealing than exercise on a frosty morning, and we tend to crave heavy, carbohydrate-rich meals. These factors can all contribute to an annual lapse into 'winter-unwellness'.

It sounds dire, but never fear – we've gathered a few easy slow cooker recipes for winter comfort foods that feel hearty and satisfying, without contributing to your 'winter bod'.



Spicy Curried Lentils

Found at www.delish.com/cooking/recipe-ideas

This warming dish, packed with flavour and spice as well as protein to keep you fuller longer, is perfect for those dreary winter evenings. Try adding spices to other healthy foods, such as cauliflower or sweet potato, to give a touch of heat that's wonderfully comforting in the cold weather.

Slow Cooker Chicken Noodle Soup

Found at www.stayathomemum.com.au/recipes

The days are shorter and the sniffles are more prevalent – it's the perfect time for a steaming bowl of nourishing chicken noodle soup, minus the hassle. Utilising your slow cooker for this recipe lets you set-and-forget as you go about your day, whilst infusing your meal with as much flavour as possible! Best of all, chicken noodle soup is perfect to pop in the freezer for an easy, healthy, hearty meal later on.

Slow Cooker Sweet Potato Chili

Found at www.primaverakitchen.com

This healthy twist on traditional Chili swaps beef mince for lean turkey mince and adds sweet potato. It's perfect for those days when you really crave comforting, filling winter food without the extra calories. ■

Gorgeous gifts for Mum

from UFS Pharmacies



1. Suede phone wallet, RRP \$39.95 **Members \$31.96*** 2. Wicked Sista nail care set, RRP \$12.95 **Members \$10.36*** 3. WoodWick scented candles, RRP from \$21.95 **Members from \$17.56*** 4. Woven basket, RRP from \$39.95 **Members from \$31.96*** 5. Oil Garden bamboo ultra sonic vaporiser, RRP \$49.95 **Members \$39.96*** 6. Assorted L'Occitane perfumes (only available from UFS View St), RRP from \$60.00 **Members from \$54.00*** 7. The Red Letter Club large handbag, RRP \$134.95 **Members \$107.96*** 8. Wicked Sista eye mask, RRP \$9.95 **Members \$7.96*** 9. Shiseido Mother's Day luxury indulgence gift packs (only available from UFS Hargreaves St), RRP from \$72.00 **Members from \$64.80*** 10. Mum photo frame, RRP \$18.95 **Members \$15.16*** 11. Assorted toiletry bags, RRP from \$19.95 **Members from \$15.96***

*Conditions apply, see in store for details. Most retail products only available at View St and Hargreaves St locations and may vary between stores.

NEW SEASON STYLES IN STORE NOW!



homy ped®

Visit our Bendigo CBD 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

SAVE TIME! GET THE



**NO APPOINTMENT OR
PRESCRIPTION NEEDED**

There's no need to make a doctors appointment or hang around in waiting rooms. Drop into UFS and one of our trained UFS Pharmacists will do it for you – no bookings or prescription necessary!

**Avoid down time this flu season.
Visit UFS Pharmacies for a flu shot today.**

bendigoufs.com.au

UFS Pharmacies
379 Hargreaves Street Bendigo

UFS Pharmacies
Cnr View & Barnard Streets Bendigo

