

March 2025



Clean Up Australia Day March 2nd

What began as the inspiration of one man (Ian Kiernan AO), 35 years ago has now become the nation's largest community based environmental event.

Clean Up Australia works with communities, government and businesses to provide practical solutions for a more sustainable life.



Do your part this Clean Up Day!

World Obesity Day - March 4th

In 2022, 1 in 4 children/adolescents and 2 in 3 adults were overweight or obese.

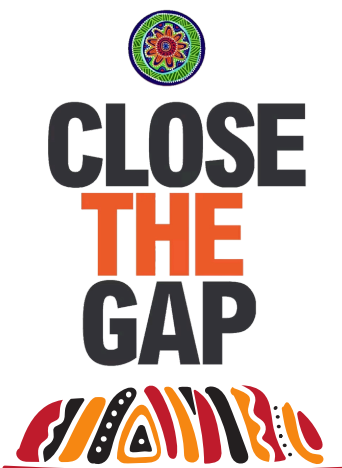
This number has been steadily increasing.

Overweight or obesity is a risk factor for many preventable diseases such as heart disease, some cancers, diabetes, musculoskeletal conditions and chronic kidney disease.

Weight loss should be planned in a healthy, realistic way. Consult your Doctor or an Accredited Practising Dietitian.

Make a plan together, incorporating changes into your lifestyle which will help you stay on track.

Sources: Australian Institute of Health and Welfare Heart Foundation.



Close the Gap Day - March 20th

National Close the Gap Day is celebrated in March each year. The Close the Gap Campaign is the result of the Australian public's overwhelming support for improving health outcomes for Aboriginal and Torres Strait Islander people.

Close the Gap's clear aim is to bring people together to share information, and most importantly, to take meaningful action in support of achieving health equality for First Nations Peoples by 2032. Our surgery participates in Closing the Gap Health Checks and registration for PBS subsidies.

Welcome Amanda!

Amanda is new to our practice and joining our Nursing Team. Please welcome Amanda when you see her at the Practice. A message from Amanda:

"Hello, my name is Amanda. I have been living in Port Lincoln for the past 17 years, but have now returned to Adelaide to be closer to my family. I travelled back with my 3 children, our dog and 3 gold fish! I have been working as a nurse for 7 years, and love all aspects of my job."

