

# SOUTHERN FLEURIEU FAMILY PRACTICE

Trusted Care for Over 15 Years  
ALL PATIENTS WELCOME



## OUR DOCTORS

Dr Brenton Martin. Dr Kin Lau. Dr John Law. Dr Roumi Spassova. Dr Paul Worley.  
Dr Rajpal Poonia. Dr Meiyan Leng. Dr Angela Knight. Dr Gerard Cobiac. Dr KC Hor.

\*Opening hours are subject to doctor availability and some terms and conditions apply to practice bulk billing.  
Please refer to our website or phone the practice for more information.

**OPEN 7 DAYS**  
**Quality Health Care**  
**BULK BILLED!**

 **8558 0111**  **www.sffp.com.au**

 **175 Main South Rd, Yankalilla SA 5203**



*Trust your friendly local GP who is supported by a nurse, to provide you with the best care possible when receiving vaccinations*

## HEALTH NEWS

### EXERCISE RIGHT WEEK 25TH - 31ST MAY 2020

Movement is medicine!

Now is not the time to neglect your physical or mental health. Exercise, physical activity and movement is powerful for the mind and body.

According to a study led by the Black Dog Institution in 2017, as little as one hour of exercise per week is enough to have prevented 12% of depression cases.

A short, 10-minute brisk walk can increase mental alertness, energy and positive mood states. Exercise has been shown to improve self-esteem, reduce stress and anxiety.

Any type of exercise is better than nothing for your mental health, find something that you enjoy! This can be as simple as walking or running outside (just remember to practice social distancing), or even finding a home-workout to do.

If you have a chronic condition, make an appointment with your local GP who can refer you to an Accredited Exercise Physiologist to find out what exercises are safe for you.

For more information visit [www.exerciseright.com.au](http://www.exerciseright.com.au)

Government funded and  
private flu vaccinations  
available NOW!



**GET YOUR  
FLU SHOT!**

## TELEHEALTH CONSULTS AVAILABLE NOW

Need to see a Doctor but  
don't want to leave your  
home?

Simply phone the clinic and  
ask for a telehealth consult.

The Doctor will call you on  
your selected number via  
phone or video call.

Scripts will be sent to your  
local pharmacy.

Face to face consultations  
are still available when  
required.