



REGIONAL OUTREACH HEALTH CLINICS at RUFFY

FREE Health Screening and Information

Katrina McMaster, Chronic Disease Outreach Worker will discuss

- **Skin cancer**
- **UV radiation and SunSmart strategies**
- **Allergies/Hay Fever/Asthma**
- **Introduction to blood pressure**
- **Q&A Session**
- **Blood Pressure Checks**
- **Type 2 Diabetes Assessments**
- **Professional support for those dealing with chronic diseases**

WHERE: At the Tablelands Community Centre, Ruffy

- **Waiting Room**
- **Private Consulting Rooms**
- **Complementary Coffee, Tea & Biscuits**

WHEN: Thursday 29th SEPTEMBER at 10:30am

**No appointments necessary but Contact Melissa 0404-833-388
to book a preferred time or for further information**