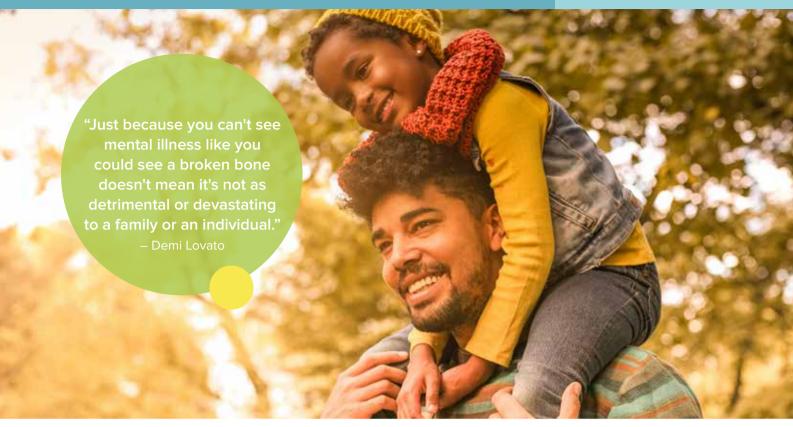


YOUR CARE

N E W S L E T T E R
JULY 2019



Dear Member

The year is now more than halfway through and winter is still hanging on for dear life. Luckily, warmer weather should be just around the corner. Studies have shown that people are more prone to depression during the winter months, so in this edition we bring you a great read on options for mental health treatment and the importance of speaking to your doctor to address the winter blues.

In addition, you can enjoy articles about the critical elements of good exercise, things to do to help you look after your general health and 3 things you need to know about diabetes.

Happy reading!

POLMED YOUR CARE Support Team



HOW TO LOOK AFTER YOUR HEALTH BETTER

Wondering what more you can do to live a healthier life? We've got some answers that go beyond the obvious.

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WHAT ARE YOUR OPTIONS FOR MENTAL HEALTH TREATMENT?

July is mental health awareness month. Globally, more than 450 million people suffer from mental health issues. It's more common than you think, and vitally important to address ...

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