

“Just because you can't see mental illness like you could see a broken bone doesn't mean it's not as detrimental or devastating to a family or an individual.”

– Demi Lovato

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



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