



## The South Lawn Medical Practice News December 2017

### Choose Well

If you become unwell or are injured, you need to make sure you choose the right NHS service so that you get the best treatment. Please help yourself to "Choose Well" information card from the waiting room—or visit

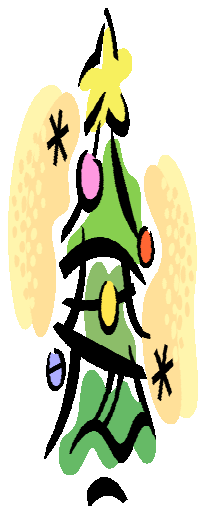
[www.choosewell.org.uk](http://www.choosewell.org.uk)



for more information.

### Christmas & New Year Opening Times

Please make a note of our opening times below to see when we will be open during the festive period.



Friday 22nd Dec —8.30am—6pm

Monday 25th Dec — CLOSED

Tuesday 26th Dec — CLOSED

Wednesday 27th Dec—8.30am—6pm

Thursday 28th Dec—8.30am—6pm

Friday 29th Dec—8.30am—6pm

Monday 1st January 2017 —CLOSED

... and then as normal.

### Medication over Christmas

As the Practice becomes busier in the run-up to Christmas please make sure you order your prescriptions in plenty of time to ensure that you have sufficient medication to last over the festive period.



### New Year, New Start

Are you thinking of setting yourself a target for 2017?

Whether it is losing weight, eating more healthily or giving up smoking—the Practice Nurses can provide a range of healthy lifestyle advice and guidance to get you started.

Why not book an appointment and get a head start to beginning 2017 with healthy new habits?



### Keep Warm and Well

As the weather turns colder remember it is important to keep warm. Especially bear in mind any elderly or isolated relatives or neighbours who may need extra help in the winter months.

More information about keeping warm and well can be found at:  
<http://www.nhs.uk/Livewell/winterhealth>

The Staff of the South Lawn Medical Practice would like to wish all Patients a very Merry Christmas, and a happy, safe and healthy New Year for 2018.