

## Test Your Bones!

The latest bone density testing and osteoporosis education program is coming to UFS to help women (...and men) assess their risk of bone fracture and prevent osteoporosis.

The bone density test assesses fracture risk, is 100% safe and no referral is required. The test will be performed by a nurse, who will analyse your results and alert you to any problems that might be present. You will receive your results immediately and are advised to discuss these with your doctor. Each person tested also receives a comprehensive booklet to provide information on osteoporosis risk factors, calcium, nutrition, exercise, menopause and medications that cause bone loss.



Osteoporosis means your bones become thin and fragile and in Australia it affects 1 in 3 women and increasing numbers of men. Bones reach their peak strength around the age of 25 and from 35, both men and women can slowly start to lose bone strength at about 1% per year. However, this is largely preventable and treatable.

Women aged 40 plus and men aged 50 plus, or younger people who are concerned about the health of their bones, may benefit from having the test.

### September

Monday 5th: Sturt Street	Monday 12th: Sebastopol
Tuesday 6th: Wendouree	Tuesday 13th: Victoria St
Wednesday 7th: Beaufort	Wednesday 14th: Ballan
Thursday 8th: Bridge Mall	Thursday 15th: Bacchus Marsh
Friday 9th: Buninyong, Mt Clear	Friday 16th: Melton

COST per person is \$45.00 **Members \$36.00**

**Appointments are necessary and can be made by calling your preferred UFS Dispensary.**

## Just Ask Ernest

Ern Overall is a local businessman, grandfather and diabetic. Having made the decision to start improving his health before his 62nd birthday, Ern joined the Ultra Lite program and with the support of Naturopath Phillip Netherway **lost 14kg**.



Ultra Lite Naturopath Phillip Netherway (left) with Ern Overall (right)

Feeling great, Ern is now encouraging his own friends to do the same. He decided to join Ultra Lite primarily because it's run by UFS, and was so surprised how quickly the weight fell off, even with limited exercise. Ern said he adapted his eating habits almost immediately and was pleasantly surprised that he never 'felt' hungry and now amazingly, still doesn't crave chocolate!

The biggest improvement in Ern's life has been feeling less lethargic which had affected

him greatly as a diabetic. He was also amazed at how losing weight has made him look and feel younger.

Ern's advice to other people considering weight loss is to understand your expectations for the quality of your life and what you want to achieve. Ern also recommends you get assistance and support. He felt the one-on-one consultations were a perfect motivator to keep him focused. Ern now feels like he has made an investment in his health ...'what's a few dollars when we're talking about my long term health and extra length of life'.



Bridge Mall UFS  
5331 9855

## Gift Ideas

### Joop! Homme Gift Box

Containing  
Shower Gel  
150ml, EDT  
30ml, EDT  
Miniature  
5ml.

\$45.00

**Members**

**\$36.00**



### Lynx Lads on Tour

Re-load Shower Gel 200g, Loofah, Africa  
Bodyspray 100g & ASL 100ml, Smooth  
Shaving Gel 200g, Travel Bag.

\$21.95 **Members \$17.55**



Father's Day stock only available while stocks last.

Made-to-measure skincare designed specifically for men. The products smell masculine and are easy to use as part of an everyday routine. Men Expert also helps the irritations caused by shaving, such as dryness, inflammation and razor burn. All Men Expert products include the Active Defense System (ADS), which derived from peppermint leaf extract which soothes and helps reinforce the skin's natural defenses. All affordably priced, for a simple and effective way for men to care for their skin every day.



### Anti-Tightness Foam Cleansing Gel

Wakes up the skin. Soap free so won't dry it out. Easy to lather over the basin or in the shower.

150ml \$9.95 **Members \$7.95**

### Hydra Energetic Moisturising Lotion

Daily moisturizer for tired skin with Vitamin C to revitalise appearance.

\$13.25 **Members \$10.60**



### Vita Lift Moisturising Cream

Daily anti-aging cream with pro-retinal and sunscreens to visibly reduce wrinkles and prevent further loss of firmness in the face and neck.

\$15.95 **Members \$12.75**

### Anti-Irritation Shaving

Available in foam or gel for sensitive skins, these products have a film to protect the skin while shaving.

\$7.95 **Members \$6.35**



The full range has eleven products including cleansers, moisturisers, shaving gels and after-shave hydrating balms, all priced under \$15.95.

L'Oréal Men Expert only available from Bridge Mall, Sturt St, Wendouree, Sebastopol, Bacchus Marsh and Buninyong.

# Save \$5 on Age Defying Make-up

# REVLON

NEW

## Fabulash® Mascara

- Lash Maximising Formula - 100% fuller lashes
- Silk Proteins and Vitamins A&E - keeps lashes soft and conditioned.
- Clump Free Technology
- Lash-perfecting brush - shorter bristles to evenly apply mascara, longer bristles to evenly comb through for clump-free definition.
- Safe for sensitive skin, eyes and contact lens wearers.
- Available in blackest black, black and blackened brown.

\$19.95 **Members \$17.55**



Save \$5 on Age Defying Make-up, While stocks last, save \$5 on selected make-up from the Age Defying with Botafirm™ range.

■ Liquid Make-up  
Normally \$36.95 NOW \$31.95

**Members \$25.55**

■ Light Make-up  
Normally \$34.95 NOW \$29.95

**Members \$23.95**

■ Skin Smoothing Powder  
Normally \$32.95  
NOW \$27.95

**Members \$22.35**



**SAVE \$5**

## Colorstay™ 12 Hour Eye Shadow

Beautiful color that looks freshly applied for up to 12 hours. It won't crease, fade or smudge. Suitable for contact lens wearers and safe for sensitive eyes.

Quads \$21.95 **Members \$17.55**

Application tips:

1. Blend one or both midtones on lid.
2. Use deepest shade in crease or to line eyes with pointed tip applicator.
3. Use lightest shade on browbone.

NEW



**BONUS Value \$31.95**

## BONUS New Complexion Powder

What an offer! Purchase a New Complexion Liquid Oil-Free Make-up and receive a BONUS New Complexion Oil-Free Powder  
Fantastic value.  
\$30.95

**Members \$24.75**



**BONUS Lipstick Organiser**  
Purchase any Revlon Super Lustrous Lipstick and receive a BONUS Lipstick Organiser to store all your favorite colours in! Super Lustrous Lipstick \$19.95ea

**Members \$15.95ea**



**FREE HOLDER**

Revlon not available from Mt Clear, Beaufort, Ballan, Melton. Promotional stock is selected colours only and available only while stocks.

## Save \$3 off Perfectone

Selected colours.  
Normally \$16.50 Now \$13.50ea

Members **\$10.80ea**



## Gillette Mach 3 Turbo

BONUS Dufour  
35g  
\$11.95ea

Members

**\$9.55ea**



## Opti-Free Express Economy Pack

Contact Lens solution 1x355ml,  
1x120ml and Free  
Lens Case.

\$16.95

Members

**\$13.55**



## SUPER BUY!

## L'Oreal Happyderm with FREE MASCARA

NEW L'Oreal Happyderm Cleansing Mousse 150g and Skin Exhilarating Moisturiser with **FREE** L'Oreal Panoramic Curl mascara valued at \$20.95. For Normal/ Combination and Dry/ Sensitive skins.

\$27.90pk Members **\$22.30pk**



## BONUS!

Purchase any **NEW Fructis Styling Product** and receive a **FREE 3-minute treatment pot** valued at \$9.95.

## BONUS QV Pack Valued at \$14.95

Simply spend \$20 or more on any Ego QV products and receive your BONUS QV Pack containing QV Face Moisturising Cream 10g, QV Heel Balm 10g, QV Wash 15mL and QV Cream 15g all presented in a handy purse.

valued at \$14.95



## Kleenex Anti-Viral Tissues

Kills 99% of cold and flu viruses in the tissue. \$2.40ea

Members **\$1.90ea**



## Cutex Nail Polish Remover

Nourishing and Strengthening  
200ml \$4.50ea

Members **\$3.60ea**



## Cedal Hair Spray

For Hard to Hold and Normal Hair  
400g.  
\$5.95 ea

Members

**\$4.75ea**



## Dr Le Winns Private Formula Day Cream

113g \$49.95

Members **\$39.95**



## L'Oreal Color Pulse Mousse

Funky colours, washes out in 8-10 shampoos.

\$7.95ea

Members **\$6.35ea**

Not available Victoria St, Buninyong, Mt Clear, Skipton, Willaura

MemberCare News prices are valid and stock available until 10th September 2005 unless sold out. While we take every care to ensure advertised products are available at the time of issue, no liability will be accepted should this not be the case. Please contact us on (03) 5331 9158 or write to us at 206 Armstrong St Nth, Ballarat if you no longer wish to receive MemberCare News.

Specials stock is limited

## Melton's Changing Face

The Melton UFS Dispensary has recently relocated (...just up two doors) in the Central Walk Shopping Centre. The new premises are almost double the size and has allowed for increased products and services. Melton now stocks Natio skincare and cosmetics, fragrances and giftware. We are also an accredited National Diabetes Sub-Agency, offer photo processing and take passport and ID photographs.



In addition, Melton also welcomes back to UFS Doug Prentice as Pharmacy Manager. Doug will be a familiar face for Melton customers, being not only a pharmacist there for many years, but also a local!

## New Pharmacy Managers

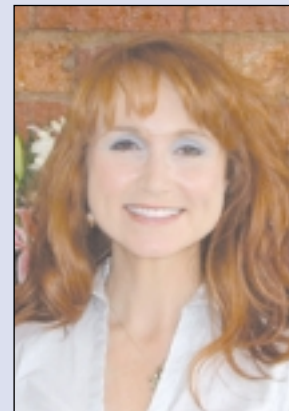
UFS has recently appointed of a number of new pharmacy Managers (including Doug Prentice). At the Bridge Mall pharmacy, Kulvinder Bahra has been appointed Manager to replace Gordon Williamson. Kulvinder will be familiar to many Bridge Mall customers over the past 12 months or so. Gordon will continue to work as a part-time pharmacist with UFS.



At Beaufort, Megan Janas has been appointed as the new Pharmacy Manager and will also manage Skipton Gifts & Healthcare and the Willaura Pharmacy Depot.

# Jetset Takes Off!

Many travellers will know Nicole Tangey who has recently opened the brand new Jetset Travel Agency at 613 Sturt Street.



Travel has never been so inviting at the new location which appears more like a casual lounge room than an office.

Nicole, along with her colleagues, are proving to offer a travel service unlike others, with a friendly and warming environment, including refreshments in case the decision-making on which exotic location to select becomes too hard!

- travel planning
- foreign exchange
- booking airfares
- holiday packages including coach touring, world cruises and self drive holidays
- travel insurance



**Plus, for UFS members Nicole is offering BONUS 1000 Fly Buy points when booking your next package holiday.**

## Jetset

613 Sturt St, Ballarat  
(03) 5333 7977  
info@jetsetballarat.com.au



# How Can a Naturopath Help You?

You may benefit from visiting a naturopath if you have:

- a chronic health condition
- recurrent infections
- digestive problems
- women's and children's health issues
- skin complaints
- just want to improve your general well-being.

Our naturopaths, Jo and Sally are hosting an evening on **Wednesday 31st August** where they invite you to come along and meet with them in a relaxed environment. Enjoy a herbal tea with some refreshments and find out how Sally and Jo may be able to help you. You will also be able to enquire about professional healthcare products.

**When: Wednesday 31st August**

**Time: 6.00pm to 7.30pm**

**Where: Peace & Quiet, 719 Sturt Street**

Please rsvp by Monday 29th August to Peace & Quiet on 5332 1694.

# Wrap Up for \$99.00

## Once Only Offer!

Imagine having the winter build up of dull skin being completely exfoliated in the warmth of a cosy room, then being immersed in a warm Macadamia and Honey rich body mask which is super-hydrating for the skin. While the mask is repairing your skin and you are wrapped on a heated bed, you will enjoy a Marine Glow Results Facial including an eye-firming treatment. Finish off relaxing in front of the fire.

- Full Body Exfoliation
- Cocoon Wrap with La Clinica's Hydrating, Healing and Relaxing Body Mask with Macadamia and Honey
- PLUS **BONUS** Marine Glow Facial
- PLUS **BONUS** Eye Firming Treatment

Normal Price \$225

All for \$110.00 **UFS Members \$99.00**

## Winter Wonderland

The cold harsh weather during winter along with extended periods indoors with the heater on can dry out your skin terribly leaving you needing a good dose of hydration. Apart from applying body moisturisers every day after a shower, winter is the time to wrap up in a hydrating cocoon to replenish the normal levels of moisture in your skin.

## Then Take It Home

La Clinica Home Spa Kit including Bath Soak 175g, Salt Scrub 175g, Moisture Balm 175g plus **BONUS** Detox & Tone Massage Oil 100ml.

\$59.95 **UFS Members \$50.95**



*This offer is only available until 30th September 2005. Bookings subject to availability.*



Jo Kidd  
Dip. Naturopathy  
Div 1 Nurse Midwife  
Grad. Dip. Health Counselling  
Grad. Dip. Family and Child Health



Sally Armstrong  
Dip. Naturopathy

### CLAIMING THE COST OF CONSULTATIONS

Rebates will be available from MOST Private Health Funds. Our Naturopaths have provider numbers to enable you to claim the cost of your consultations.