



@moseleyavenue



www.moseleyavenuesurgery.nhs.uk

MOSELEY AVENUE SURGERY

SURGERY NEWSLETTER

January 2020

Happy New Year and welcome to the January addition of Moseley Avenue Surgery's practice newsletter.

DRY JANUARY

Dry January is the UK's one-month booze-free challenge that helps millions reset their relationship with alcohol every year.

86% of participants saved money

70% of participants had better sleep

66% of participants had more energy

65% of participants had generally improved health

Download [Try Dry](#) the free app to help you meet your goals, whether you want to take on Dry January (or another dry challenge), cut down on your drinking, or go totally alcohol-free.

LEAVE US FEEDBACK

Were you satisfied with your visit or do you have a suggestion? We would love to hear your feedback so why not fill out a Friends & Family card in Reception or leave us a review on www.nhs.uk



FREE NHS HEALTH CHECK

The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

You will be invited for an NHS Health Check every five years if you are between 40-74 years old, as long as you don't already have an existing vascular condition.

WARNING!

Side effects may include:

- ▶ Better skin
- ▶ Losing weight
- ▶ Sleeping better
- ▶ Saving money



DRY JANUARY®

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