What is the best way to look after your family?

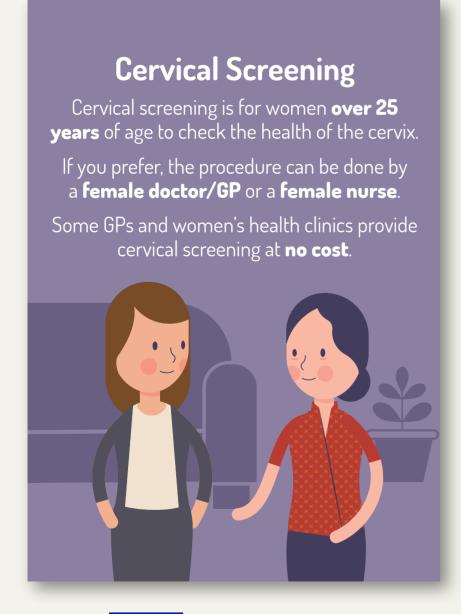
By taking care of yourself!

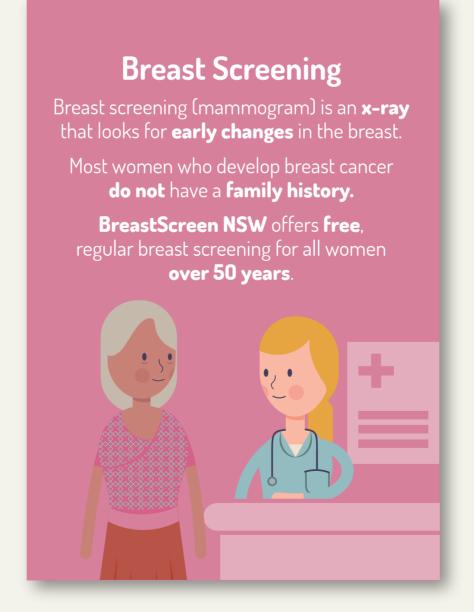


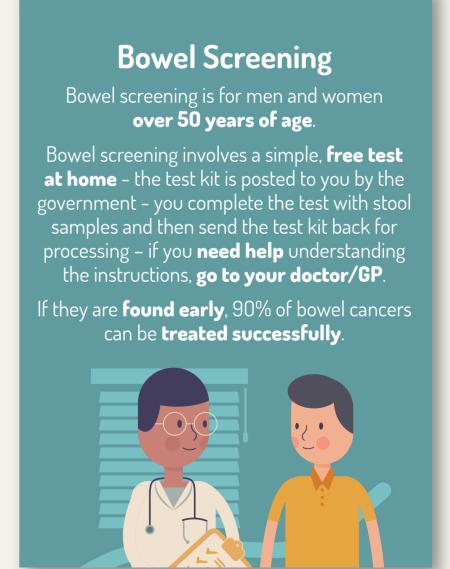
Regular health screening helps you to live a longer and healthier life

Early detection of diseases and conditions, such as cancer, can **increase life expectancy** and **reduce serious complications.** At any time, if you have **any symptoms** or notice any changes in your body – **don't wait** – **go to your doctor/GP.**

There are three national screening programs in Australia









Professional interpreters are available if you need help understanding or speaking in English. The staff can get an interpreter for you or you can call the telephone Translating and Interpreter Service (TIS) on 131 450.







