



When it comes to getting your health checked, tomorrow is better than next week and today is even better again...

Our Community Health Nursing Team offer Men's Health Checks from our Ross Street Campus.

We can check your blood pressure, cholesterol, BMI, blood sugar and provide advice on continence and sexual health.

We are offering all men a free health check during the month of March 2015.

**The checks include:**

*Blood pressure, Cholesterol & Blood Sugar*

*Assessment of your risk of heart, diabetes  
and prostate disease*

Please contact us on **03 5152 0230** or email to [chealth@brhs.com.au](mailto:chealth@brhs.com.au) to make an appointment for your free health check on **March 16<sup>th</sup>** or **26<sup>th</sup> 2015**.

If these dates are not suitable, just let us know and we can arrange an alternate day.



**Men's Health  
Check? You  
know you  
should...**

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We welcome feedback at:

**Bairnsdale Regional Health Service** PO Box 474 Bairnsdale VIC 3875  
P (03) 5150 3333 F (03) 5152 6784 E [email@brhs.com.au](mailto:email@brhs.com.au) [www.brhs.com.au](http://www.brhs.com.au)

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing. **Issue date:** FEBRUARY 2015 **Our Ref:**bCS0007

**Bairnsdale Regional Health Service is located on the traditional land of the Gunai Kurnai people.**

*My team* **is** **BRHS**