



**Riverland Division
of General Practice Inc.**

Media Release- RDGP Healthy Tune Up

The Riverland Division of General Practice (RDGP) in conjunction with the Renmark Medical Clinic facilitated a 'Healthy Tune Up' at the Renmark Paringa Museum Community Group on Thursday 10th November, as part of *Movember* 2011. The aim of Healthy Tune Ups is to support the Riverland community with self care, health awareness and health education.

The RDGP Healthy Tune Up Team along with Dr Paul Smith from the Renmark Medical Clinic conducted the 8 Healthy Tune Up stations which consisted of:

- Blood pressure monitoring
- How to perform a self testicle examination
- Standard alcohol drinks
- Waist measurements
- Stress management
- Diabetes risk analysis
- Quit smoking information
- Key summary of results

Project coordinator Yalonda Flack said "the day was a big success with over 20 people attending the Renmark Paringa Museum Community Group and 16 men and women participating in the Healthy Tune Up. Some valuable linkages were made between participants, General Practice and other local health services".

For more information about RDGP Healthy Tune Up's please contact Yalonda Flack at the Riverland Division of General Practice on 8582 3823

Attached Photos:

HTU Team: RDGP HTU Team L-R Christy Kitto, Cale Edwards, Matt Mawdsley, Courtney Ling, Gina Stephenson, Yalonda Flack, Steve Patching, Roger Fielke

