

**Book an Appointment** 

Book a Lab Test

Medicines & Self help kits

- Health Tips! -

- # Eat a rainbow of fruits and vegetables to ensure a variety of nutrients!
- # Remember to practice good hygiene, including regular handwashing and dental care.
- # Prioritize self-care and make time for activities that bring you joy and relaxation.
- # Stay hydrated and drink plenty of water throughout the day.







