

LOVE YOUR BEDTIME MILK

PEOPLE WHO CONSUMED 3 PORTIONS
OF LOW FAT DAIRY A DAY
HAD LOWER SYSTOLIC PRESSURE
THAN THOSE THAT CONSUMED
ONLY HALF A PORTION.



WE HEALTHY HEARTS!

Every workplace should have fast access to an Automated External Defibrillator. AlSCO offers your business an easy-to-use and effective AED at a convenient, low monthly cost.



FREE Healthy Heart Posters: www.alscofirstaid.com.au

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