

FINALIST IN THE 2010 WELLINGTON REGION TOP SHOP AWARDS!



Unichem

Clive's Unichem



# The Happy Chemist

"A cheerful heart is good medicine"

Issue 27, Spring 2010

## In pursuit of boredom!

I'm one of those guys who can't sit still. Relax? You must be kidding! I run around the whole day doing stuff, but sometimes accomplish very little. I want to be able to get everything that needs to be done done. And then just for once I want to be bored because I've done everything. So I've discovered three keys to freeing up my time to allow me to get bored:

- Only have one major goal at a time.
- Slow down.
- I don't have to respond to emails as soon as they arrive!

Here's to boredom!

## Winners are cool!

Congratulations to Leanne Neville who won \$50 worth of Unichem Gift Vouchers simply by giving us her email address!

Simply choose to receive the Happy Chemist by email and send your email address to: [clive@clives.co.nz](mailto:clive@clives.co.nz) and you'll be in the draw to win \$50 of Unichem Gift vouchers as well. The winner will be drawn 30th Sept 2010.

## Embrace life with Kate Morgan

Getting to your healthy weight is a life-changing experience. Not only will you look and feel great, but others will notice the difference in you. You will have more energy to keep up with friends and family, and you will enjoy shopping for new smaller clothes!

Your general health and wellbeing will improve dramatically with weight loss; in fact many of our clients report their medical conditions improving after reaching their ideal weight. Losing weight really will change your life, it may even change your future.

At Clive's Unichem we have three consultants who can give you one-on-one support to help you lose weight and keep it off!

Come in and find out more about the programme. Talk to Jo, Kim or Rana to find out how Kate Morgan can help you.

Join the Kate Morgan weight loss challenge! Go in the draw to win **\$10,000 cash!**

Come in and register for your chance to win!

T&C's apply. See instore for details. E&OE



## Earn Fly Buys points at Clive's!

Remember, Clive's Unichem is the only pharmacy in Wainuiomata with Fly Buys! Every time you spend \$20 at Clive's, including prescriptions, you will get Fly Buys points.

FlyBuys

# Clive's Crew

## Welcome back!

Kirsten is back with the crew after having her baby last year. Aaron is now ten months old and lets his mum come to the pharmacy three days each week. Kirsten's infectious laugh is as loud as ever and she is as busy as ever juggling work and home. Nice to have you back Kirsten!



## Clive's new crew...



### Michaela is the new girl on Clive's crew!

Michaela is still at school and is helping out after school and on Saturdays. "I didn't realise there was so much to learn," said Michaela! Everyone else on the team is helping her come up to speed and we hope she enjoys working with us!

## Join the Club!

If you know of anyone else who'd like to be kept up to date with the latest health and beauty news, please forward a copy of this newsletter to them, or send us their email address (with their permission of course) and we'll send them their own copy next time!

## Unsubscribe:

If you no longer wish to receive "The Happy Chemist" please send us an email with "Please unsubscribe me from your newsletter" in the subject line.



# Set your heart at rest!

Although we often hear about blood pressure and cholesterol, very few of us actually understand what the numbers mean!

So to give your heart a helping hand, the Heart Foundation has developed a website called: [www.knowyournumbers.co.nz](http://www.knowyournumbers.co.nz) It's really useful and tells you everything you need to know to check the age of your heart and see whether some lifestyle changes are needed to reduce the possibility of heart disease.

If your heart age is higher than you think, you are at risk of becoming one of the 40 percent of kiwis who die every year because of cardiovascular disease – either through heart attack or stroke.

"A lot of those deaths are premature and completely preventable," says Clive. "Heart disease is NZ's biggest cause of death. But if you make lifestyle changes now, you can have a healthier heart for longer and reduce the chances of having a heart attack or stroke."

We recommend you take this seriously. Go to your GP to get your blood pressure and cholesterol levels checked, then go on the website and enter the numbers.

Alternatively, come in and talk to one of our pharmacists and we'll be more than happy to talk to you about your heart and how you can make small, simple changes that will have a big impact on your health.



KNOW YOUR  
NUMBERS™



## Check out our new website!

Our website has just been re-modelled and re-vamped – and we'd like to know what you think! Have a look for yourself, just visit:

[www.clives.co.nz](http://www.clives.co.nz)

When you've had a look, send us an email telling us what you like, or what you don't like by clicking on the **CONTACT US** button (in the top menu line) and we'll put you in the draw to win \$50 worth of Clive's Unichem Vouchers just like this month's lucky winner Leanne Neville!

Keep smiling!

*Clive and The Happy Chemist Team!*

**FlyBuys**

Proudly offering you Fly Buys

Unichem Clive's Pharmacy  
20-21 Queen Street, Wainuiomata  
WELLINGTON  
(04) 564 8618



**Unichem**  
CLIVE'S  
PHARMACY