

AIT Medihelp

"medicines training you can trust"

February 2023



We are well in the swing of the new year and can say we're off to a great start already! We finally had our AIT reunion after what feels like forever and had a great catch up with the whole squad! The team travelled from all over the country to meet and we all had the best time.

We've officially renamed this month Face to Face February as we are back to back with in person courses for the whole month.

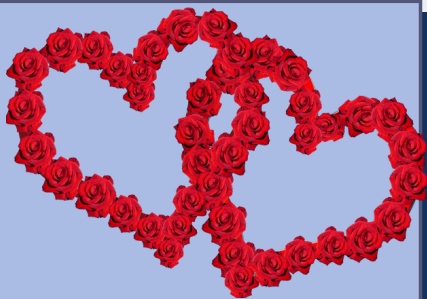
As ever, we are always one email, phone call or message away.

Please get in contact today to see **how, when and where we can help you!**



@aitmedihelp

hello@aitmedihelp.co.uk



With Valentines Day fast approaching...

AIT Presents....
Heart health tips

Eat a healthy, balanced diet & don't add extra salt to food

Ensure alcohol intake is within recommended limits & have at least 2 alcohol-free days each week

Stop (or reduce) smoking - ask for support if you want help to quit

Take regular exercise - to your own pace and limits

Long-term diseases (heart disease, stroke, diabetes, etc) all need regular checks to help manage the condition(s); please attend appointments when asked.

looking after your heart can help reduce the risk of a heart attack/stroke

NEW YEARS RESOLUTION

WE WANT TO HEAR FROM YOU!

WHAT WAS YOUR NEW YEARS RESOLUTION?

HAVE YOU STUCK TO IT?

HAVE YOU COMPLETED IT ALREADY?

LET US KNOW! WE LOVE SHARING YOUR STORIES AND BRINGING PEOPLE TOGETHER..SO WETHER YOU WANT TO

SHOW OFF, YOU NEED MOTIVATION TO KEEP GOING.. OR YOU MESSED UP ON JANUARY 2ND, LET US KNOW!

FOLLOW OUR SOCIALS TO SEE HOW WE'RE DOING WITH OUR NEW YEARS RESOLUTIONS!

