

# Universal Health Care Centre - Practice Leaflet

as designed by Dr John Herbert Marr

In keeping with the new obligations to provide comprehensive health care provision, Universal Health Care is striving to go beyond the minimum provisions of the new government regulations.

We aim to offer total preventative medical care, with the emphasis on anticipatory medicine, in a relaxed and friendly atmosphere. We have a full day of activities to supplement your health program whatever your age or current state of fitness.



9.30 Relax into the day with a clean hot bath. Complementary fresh, pine-fragrance soap and a warm Super-wrap towel (courtesy of Sandals Pharmaceuticals) is all part of the service.

*Note:- A Swedish Sauna is also available for those patients with a suitable constitution (a small donation is asked for this service). The Practice Nurse will be available to advise on this and other matters.*

10.00 Massage par excellence by our fully qualified resident Staff Masseuse: tone up those tired muscles, and stretch your work-weary ligaments to the full.

11.00 Join us over a friendly cup of decaffeinated coffee and a plain digestive biscuit. Meet the staff, air your views and feel part of the team.

11.30 For the men, a choice of controlled work-out on the weights in the purpose-built gym, or jogging round the perimeter of the Health Centre; the more adventurous may opt to divert here for road-running in the park immediately adjacent to our premises. The ladies will appreciate our Wealthy-Woman Clinic, supervised by a fully chartered accountant, to shed those excess pounds.

12.30 Lunch - and our dietician will be pleased to record your weight and advise on a range of appropriate dishes for every condition or build (this service is arranged in conjunction with Stora Low Fat Margarines).

2.00 The ultimate health screen - with one of our own approved ultraviolet sun beds. The Health Visitor will be present during the session to advise about timing and turning, and will be happy to apply a gentle creaming lotion to assist you with that perfect tan. Remember, our motto is: "Look great to feel great". We aim to make your skin a testament of health to all your friends.

3.00 Time for a dip - and Universal Health Care are pleased to announce that we have come to a special arrangement with the local swimming baths. For this hour every day, the pool is open for the exclusive use of our patients (there will be a small charge for this facility at the door). A registered Life Guard will be an attendance throughout this session.

4.00 Meet the doctors - we have a selection of fully qualified medical persons who will be happy to listen to your health problems over a drink and a game of billiards in the adjoining hall. There are bar facilities with a variety of soft drinks and alcohol-free beers (the bar is tended by a registered pharmacist, and prescriptions may be dispensed at this time).

5.30 Screwballs' half-hour - Tired of work? Tired of life? Crossed in love, or phobic/paranoid husband/wife? Don't let those little problems get you down - our attending psychologist will be pleased to discuss your past and your future. Tarot readings are a speciality (please bring one piece of silver for this option).



From next month, we shall be starting a new, supervised trampoline session, guaranteed to stimulate your circulation. This is not normally available under current Health Regulations, and we are obliged to make a small charge - but you may be eligible for a free session for every new patient you introduce.

Interested? - Then try a free introductory day with Universal Health Care. There is adequate off-street parking, and we are confident that you will wish to register with us for all your fitness requirements.

*(Please note: for health insurance reasons, persons under 16 or over 75, pregnant women, and patients awaiting a heart transplant are advised to make alternative arrangements)*



Universal Health Care is funded under provisions of the new directive for Health Care, whereby General Practitioners have discretionary control of the health budget for their region.