





Moving is the best medicine

If it was a drug, we would call it a miracle cure.



Physical activity can also help to reduce your risk of high blood pressure, heart disease, type 2 diabetes and various cancers.

Get up your free Moving is the best medicine poster at pharmacy.

HSC Health and Social Care www.hsc.ie/healthand-social-care

If you're ready to quit,
ask about the **free**
smoking service.



You are up to **4 times more likely**
to quit with our help.

For more information on
the service go to
hscni.info

**Stop
Smoking
Service**

helping you to quit

Personal, Professional, Protective Policing



**WE ARE WORKING
WITH THIS RETAILER TO
CATCH SHOPLIFTERS**

consultation



515 Downpatrick Downpatrick

273 Derry Londonderry Fo

646 Finaghy Black's Road

651 Blaris Sprucefield Park

X1 Dublin City Dublin Bus

212 Derry Londonderry Fo

215 Downpatrick Downpatrick

300a Aldergrove Belfast

600 Sydenham Belfast

is for 25/09/2025





Contraception access

- Sexual Reproductive Health
- all types of contraception
- Online - SH:24 provides the
mini-pill
- Your GP practice
- Common Youth (under 25)

Did you know?

Condoms are the only form of
contraceptive that protect against both
unplanned pregnancy and STIs.





HSC men's camp

‘Look after your

Looking after
your mental health
is important



Festiva warne drug ri



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