

FLU JAB 2012 / 2013

From now on it is possible to get your flu jab at **Orange Medical Centre**.

The flu jab is intended for the following risk groups:

- people aged 60 and older;
- people with cardiovascular disease;
- people with lung disease (eg asthma or COPD);
- people with diabetes mellitus;
- people with kidney disease;
- people with liver disease;
- people with reduced resistance by disease or medical treatment.

The costs : € 20,00 (all-in).

Special offer chiropodist Marga at OMC



Thursday 25 October you can get a discount of almost € 5,00 on a treatment with our chiropodist Margareth at **Orange Medical Centre**.
You pay only € 15,00 instead of € 19,50!
You can already make an appointment with Margareth, tel: 927476276

Cycling is healthy

With an electric bike going for a ride in the beautiful Algarve will now be more easy.
If you want to get to know the Algarve by E-Bike, Martin van den Hoek rents out and sells these electric bikes.
You can contact him:
Tel: +351 308 802 830 or Mobile: +31 653 62 22 74



Holiday period OMC

The **Orange Medical Centre** will be closed for holidays from 1 until 11 November.
From Monday, November 12, our door will be open again.

ORANGE MEDICAL CENTRE

Edifício Atlântida

Av. da Liberdade Nº 133 R/C, loja 1

8200 – 002 ALBUFEIRA

00351 289 50 80 55 / 00351 91 654 11 82

www.facebook.com/drfolmeromc

*Esther Schuller,
Dutch psychologist at OMC, English speaking*



My name is **Esther Schuller** and since 2000 I have been working as a psychologist in the Dutch healthcare system. Initially, I started working as a neuropsychologist, but in the meantime I registered myself as a Cognitive Behavioral Therapist and Health Psychologist as well.

I'm helping people with several complaints, for example: anxiety, fear, ruminating, feelings of depression, physical complaints (and how to deal with these), bereavement, adaptation and acceptance processes, stress, sleeping problems, intercultural problems and assertiveness issues.

Since 1 year I have been working in Lisbon (besides Amsterdam). And from January 2013 on, I will be every month in the Orange Medical Centre as well! You can already make an appointment for Friday afternoon 4 January 2013.

For more information, please feel free to have a look at my website:
www.estherschuller.com.

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Clinic hours Mon - Fri : 09.00h - 17.30h / Sat : 10.00h - 12.00h

Charitylunch FCP Friday 2 november

Below the invitation we received from Patricia, Karin & Cor of FCP

To all you dog/ cat lovers,

Good news:

Our next **charity lunch for the benefit of the Friends Canil Portimão** will be held on **November 2nd at Casa da Vida Nova in Alcantarilha.**

This time we have an Asian lunch buffet with the emphasis on Indonesian food.

The price will be 25,-- euro for the lunch; 50 % goes straight to FCP.

We ask the guests to come between 12:00 and 12:30; also we ask to bring a gift for our prize table, as we are selling tickets for our lottery through out the diner.

Please do not wrap your present.

Please remember we can only take cash for the drinks and the raffle tickets.

Love to have you come and please pass this along to your friends.

The tickets have to be pre-ordered at Patricia by mail at friendscanilportimao@yahoo.com

We have selling points throughout the Algarve where people can pay and pick up the tickets.

We are also very happy to tell you that the work on the extension and the cattery finely has started, drawings can be viewed during the lunch. A part of the proceeds from this lunch will also go to this extension.

We are always short on dog walkers, the more dog walkers we have the longer the dogs can walk and we can make some time to groom the dogs, so please think about it and come join us some time on a **Thursday morning from 9:30 to 12:00.**

Hope to see you all at the lunch at November 2nd.

Need directions?

Please if you order your tickets tell us and we will send you the route to Casa da Vida Nova.

Love to see you all and have a nice time together with other animal lovers and good food.

Patricia, Karin and Cor

P.S. If you can't make it but still like to support us please make a donation to:

Friends Canil de Portimao

Bank : BPI Lagoa

NIB : 0010 0000 4780 9000 0010 8 (for national Portuguese transfers)

IBAN : PT50 0010 0000 4780 9000 0010 8 (for international transfers)

SWIFT/BIC : BBPIPTPL

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