

health+fitness

EVERY WEDNESDAY
SEPTEMBER – NOVEMBER 2017



EVERY
WEDNESDAY
in The West Australian

SEPTEMBER



SEPTEMBER 6

Piercings

- How safe are they and what about kids and babies?

SEPTEMBER 13

Anger management

- When does anger become abnormal or harmful and how bad is it for your health?



SEPTEMBER 20

Spring ailments

- We look at the common ailments, such as hay fever, which befall us at this time of the year.

SEPTEMBER 27

Five health tweaks

- Things you can do now for a healthier, better life.

OCTOBER



OCTOBER 4

Mental Health Week magazine



OCTOBER 11

Feet first

- From bunions to tinea and how shoes can make a difference to foot health. How to choose a good shoe.

OCTOBER 18

The mysterious thyroid

- What role does the thyroid play in our day-to-day lives?



OCTOBER 25

Talent time

- The health benefits of learning a new instrument or a new language.



NOVEMBER

NOVEMBER 1

Attack on fizz

- Soft drinks are often targeted to kids and teens. We look at what all that extra sugar and additives do to a developing body.



CONTACT

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