

# Gladstone Medical Centre



**First  
Wealth  
Is  
Health**



**Take the  
stairs**

**Update Your  
Health Record with:**

- **Your Height**
- **Your Weight**
- **Your Tel. No.**
- **Your Email**

**Contact The Receptionist- Or Email Us**

**Please Visit us at <http://www.gladstonemed.co.uk>**

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**"Eat less and exercise more? That's the  
most ridiculous fad diet I've heard of yet!"**