

FOODIES DIRECTORY

LAKESIDE SQUARE
CHARCOAL CHICKEN

Phone 5909 6425

CRISPY Z
fish & chips

Phone 5941 8880

Mee Master
Noodle, Rice & Sushi

Phone 5915 9088

SOUTH EAST
SPICES

Phone 5909 6384

Cut this out and put it on the fridge

Discount Vouchers
Our retailers are pleased to provide you with these special offers. Please take advantage of the savings to be made.

Nails & Beauty
20% OFF ALL SERVICES
Ph.5909 6385 Until the end of August 2013 with this voucher.

CRISPY Z MEAL for 1
fish & chips \$8
1 flake & chips,
1 fried dim sim
1 potato cake.
Phone 5941 8880 On presentation of this coupon, expires 31/7/2013

CRISPY Z MEAL for 2
fish & chips \$14
2 flake & chips,
2 fried dim sim
2 potato cake.
Phone 5941 8880 On presentation of this coupon, expires 31/7/2013

Mee Master 10% OFF
Noodle, Rice & Sushi ALL MEALS
Including drinks and Chef Specials. On presentation of this coupon.
Expires 31/7/2013 Dine in or takeaway Phone 5915 9088

'I Made It Market' Wednesdays
The unique 'I Made It Market' at Lakeside Square features products handmade by talented people within our local Community, it runs every Wednesday from 10-5pm. Come down and have a browse at what's on offer. Stalls change weekly so there is always something new to see For stall inquiries please contact Donna 0437 787 445.



Lakeside Square Shopping Centre - 9 Village Way, Pakenham.

BWS ...too easy
Woolworths the fresh food people
Tatts
Bakers Delight We're for real.
DISCOUNT DRUG STORES more than just low prices

lakeside square
shopping centre

news

Lakeside Square Shopping Centre - 9 Village Way, Pakenham. Issue 3 - July 2013

Your Shopping & Medical Precinct

Welcome to the 3rd issue of Lakeside Square News, we're working at providing you all with a fantastic Community Hub. Lakeside Square Shopping Centre is evolving each month with additions and changes that will only enhance your experience with us.

A warm welcome to all the specialists that have joined the team at Lakeside Square Medical Centre, the management team in the Medical Precinct are working hard to ensure Pakenham residents have access to a vast array of medical professionals. See inside for more details.



Discount Drug Stores Lakeside Square has a huge range of medicines, health care solutions and beauty needs at everyday low prices.



Lakeside Square's unique "I Made It" Market every Wednesday

We also look forward to the Café and Pizza Shop opening shortly, very welcome additions to the ever growing team at Lakeside Square. The 'I Made It Market' continues to gain momentum, every Wednesday the Centre plays host to local businesses. Stalls range from custom printing, candles & melts, woodwork, jewelry, children's products and more. Come down and support your fellow residents whilst doing your shopping.

The website and Face Book page continue to be a great way to stay up to date and take advantage of upcoming specials and promotions. Sign up to get the latest news at www.lakesidesquashoppingcentre.com.au

more SAVINGS every day

\$2 ea
SAVE 10¢

Ice Break Real Iced Coffee Flavoured Milk 500ml \$4.00 per Litre

Woolworths Australia's fresh food people

Special available at Woolworths Pakenham Lakeside from Wednesday 17th July 2013 until Tuesday 13th August 2013 only.



Lakeside Square Medical Centre

Lakeside Square Medical Precinct continues to grow. The number of doctors and specialists now consulting at the Centre makes it the best medical service in and around Pakenham. We welcome new General Practitioners Dr. Colin Wong and Dr. Pankaj Verma, Cardiologist Dr. Joseph Amin and the following specialists.

Orthopaedic Surgeon – Mr Rabi Solaiman

Mr Solaiman grew up locally and attended Hallam High School. He graduated from Faculty of Medicine at Monash University in 2000. In the following 4 years he worked as a surgical resident and registrar at the Alfred Hospital. He successfully completed a four year advanced Training in Orthopaedic Surgery in Sydney and was admitted into the fellowship of Royal Australasian College of Surgeons in 2010.



Mr. Solaiman's objective is to provide the best orthopaedic care to his patients. He uses the most recent advances in technology to ensure the best possible outcome for his patients. His interests include Hip & Knee Arthroplasty and Sports Injuries.

Obstetrician and Gynaecologist

Dr Rajeswari Nair (MBBS, MD, FRANZCOG) is a specialist Obstetrician and Gynaecologist focused on pregnancy and women's general reproductive health. After completing her post graduate training in Obstetrics and Gynaecology in 1998; Dr Nair practiced as an O&G specialist in India prior to commencing practice in Australia in 2004.

Dr Nair has significant experience in high risk pregnancy and general gynaecology surgery including expertise in laparoscopic surgery for gynaecological procedures. Dr Nair's areas of expertise include:

- Maternal foetal medicine
- High risk pregnancy management
- Low risk pregnancy management
- Pre-pregnancy counselling and recurrent miscarriage management
- General gynaecology
- Contraception



English is Dr Nair's preferred language but she is also fluent in Malayalam, Hindi, Tamil and Kanada.



Gastroenterologist

Dr. Ferry Rusli

Born in Jakarta, Indonesia and raised in Jakarta and Singapore. Dr. Rusli moved to Melbourne in 1988 to complete his Year 12 degree. He then completed his medical degree at Monash University in 1994. He worked at Monash Medical Centre, Dandenong Hospital and West Gippsland Hospital between 1995 to 1998.

Dr. Rusli entered the gastroenterology specialist training program at Monash Medical Centre in 1999, completed two years of specialist training in gastroenterology at Monash Medical Centre and subsequently gained a travelling fellowship to Queen Elizabeth Hospital in Birmingham (United Kingdom) for further hepatology training. Returning to Melbourne in late 2002 Dr. Rusli has been a staff member at Monash Medical Centre and Dandenong Hospital since.

Dr. Rusli's special interests within Gastroenterology include liver disease, liver tumours, hepatitis, gastrointestinal malignancy and inflammatory bowel disease.

Dietitian

Faeza Mahmood is an accredited Practising Dietician who graduated at the university of Newcastle, Faeza has grown up in Gippsland and now resides in Pakenham. Faeza has a keen interest in the diet-disease relationship and understands the importance of nutrition on our overall well-being. She is available for consultations every Thursday at Lakeside Square Medical Centre.



Faeza can provide dietetic consultations for a range of conditions and nutritional concerns including:

- Weight management
- Diverticulosis/Diverticulitis
- Inflammatory bowel disease
- Crohn's disease,
- Ulcerative colitis
- Irritable bowel syndrome
- Gastro-oesophageal reflux
- Cancer (weight loss, taste)
- Cardiovascular disease
- Hypertension
- Vegetarian eating
- Iron deficiency anaemia
- Metabolic syndrome
- Geriatric nutrition
- Diabetes
- Coeliac disease
- Food allergy or intolerance
- Healthy eating during pregnancy
- Warfarin therapy
- Healthy eating during pregnancy
- Warfarin therapy
- Food allergy or intolerance



Paediatric Speech Pathologist

Lesley Hollands is a paediatric speech pathologist with nearly thirty years experience working with children and adolescents in a number of settings. Lesley has recently started working at Lakeside Square Medical Precinct. Appointments are available on Mondays. To make an appointment ring 9796 2111 or alternatively if you would like to speak to Lesley before making an appointment ring 0418958679. Lesley is FaHCSIA and Medicare approved.



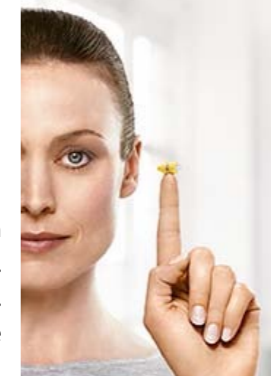
Attune Hearing Pakenham has arrived!

Attune Hearing, formally Zail Hearing Care, has been looking after hearing health in Victoria for over 15 years. A new branch is now open at Lakeside Square Shopping Precinct.



Lisa Summers (Senior Audiologist) offers the following services:

- Hearing tests for children and all adults.
- Hearing aids and devices (FREE for eligible pensioners).
- Vestibular (balance) testing coming soon!



To discuss your hearing issues, please phone our receptionist Kylie on 9037 7001 to schedule your obligation free, 15 minute consultation. Full diagnostic hearing tests can be conducted with a GP's referral. We are located at Level 2, 2-9 Village Way, Pakenham (next to the medical centre) and we look forward to seeing you soon!

Trial Period - Extended Trading Hours for Medical Centre

Lakeside Medical Clinic are extending trading hours for a trial period. On Tuesdays and Thursdays they will be open until 9pm. We hope this will help those who find it hard to get to appointments during normal hours.

For all Medical Centre appointments Phone 9796 2111

Don't forget, Pakenham Discount Drug Stores is conveniently located with a walk thru from the Medical Centre into the Shopping Centre. Discount Drug Stores offer you, prescription and pharmacy medicines at cheaper prices than what may have been previously available at your local chemist.

Notice Board

INDIAN TAKEAWAY

South East Spices in Lakeside Square Shopping Centre are now serving hot Indian food and Indian sweets and desserts until 9pm. Check in store for lunch and dinner specials. Items range from delicious homemade Samosas to flavoursome curries.

Phone Number Change

Lakeside Square Charcoal Chicken has a new Phone Number 5909 6425

PIZZA COMING SOON

Lakeside Square Pizza is only weeks away, get on to our website to be updated on opening. www.lakesidesquare.com.au

Lizzy's Page

Hey kids Lizzy has a page on our website take a look at:

www.lakesidesquare.com.au



Have something to say?

Does your local club or organisation have something to announce to the community? Do it here for FREE!

Email donna@awdesign.com.au



10% OFF WHITENING

10% off whitening procedures on presentation of this voucher. Valid until 31st July. Phone 5940 4988



LAKESIDE FAMILY DENTAL

- P A K E N H A M -

FANTASTIC HOME & GIFTS



Wool \$2 each

or 3 for \$5



Pet Beds were \$15

now only \$6

Discount party ware, toys, pet care, storage ideas, kitchen products, greeting cards, gift ware, home decor and more...