



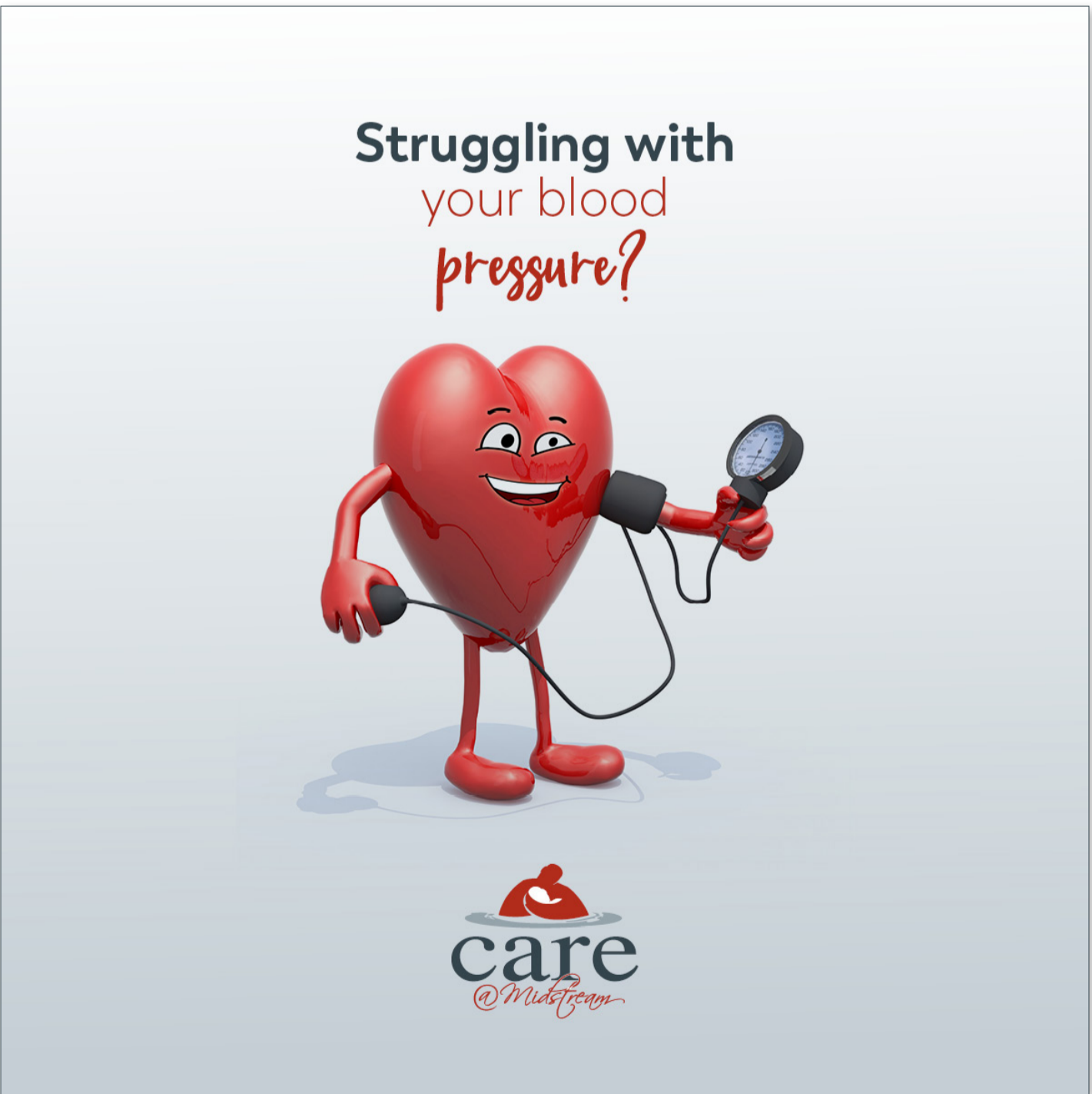
Our Nursing Managers set policy, protocols, guidelines, procedures and ensure adherence to SANC professional standards. They maintain and enforce professional rules and regulations, promote clinical governance and service improvements and so much more. Rest assured your family members are in brilliant hands!



Struggling to keep your blood pressure at a healthy level? Try some of these tips to assist in keeping your blood pressure in check:

1. Exercise regularly
2. Reduce your sodium intake
3. Maintain Healthy eating habits
4. Reduce stress
5. Get support

If you are still struggling, contact your health provider for a medical assessment.



Contact details - Care@Midstream
 20 Mount Quray Street, Midlands Estate, Centurion, 1692
 +27 12 942 1334 and +27 12 940 9335
 www.careatmidstream.co.za

NETWORK MANAGER
 Erika Bronkhorst
 erika@careatmidstream.co.za
 +27 83 514 0851

NETWORK MANAGER
 Marionette Roselt
 marionette@careatmidstream.co.za
 +27 83 410 2302

