

Phoenix Health Care Group

Social Media Content Plan June 2026

[View Full Guidelines Here](#)

7–13 June

3 Posts Per Day

- **06:45** – Myth Buster
- **13:00** – Signs & Symptoms
- **19:30** – Empowerment Post

Rotation:

Saturday → Men's Health

Sunday → Reproductive Health

Monday → HIV Support

Tuesday → Family Care

Wednesday → Men's Health

Thursday → Reproductive Health

Friday → HIV Support

Primary Hashtags (always):

#PhoenixHealthCare #HealthcareWithHeart

Third Hashtag: Topic-specific

SATURDAY 7 JUNE – REPRODUCTIVE HEALTH

06:45 | MYTH BUSTER

MYTH: Reproductive health services are only for women who are pregnant.

FACT: Reproductive healthcare includes contraception, STI screening, fertility support, family planning, and routine wellness care for women at all stages of life.

Safe, legal, confidential — we support your right to choose without judgement.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public

Holidays: Closed

#PhoenixHealthCare #WomensHealth #ReproductiveHealth

13:00 | SIGNS POST

When should you book a reproductive health consultation?

- ✓ Irregular menstrual cycles
- ✓ Unusual pelvic pain
- ✓ Concerns about contraception
- ✓ Difficulty conceiving
- ✓ Questions about family planning

Early advice can provide peace of mind and better health outcomes.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #FamilyPlanning

19:30 | EMPOWERMENT POST

Your health. Your future. Your choice.

Every woman deserves access to confidential, compassionate healthcare without fear or judgement.

We're here to support your journey.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #EmpoweredWomen

SUNDAY 8 JUNE – HIV SUPPORT

06:45 | MYTH BUSTER

MYTH: An HIV diagnosis means you cannot live a long and healthy life.

FACT: With proper treatment and support, people living with HIV can live long, productive, healthy lives.

Live well with HIV through expert care and ongoing support.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #HIVSupport #KnowYourStatus

13:00 | SIGNS POST

When should you get tested for HIV?

- ✓ After unprotected sex
- ✓ If you've shared needles
- ✓ If a partner has tested positive
- ✓ As part of routine healthcare

Knowing your status is the first step toward protecting your health.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #HIVSupport #HIVTesting

19:30 | EMPOWERMENT POST

An HIV diagnosis does not define you.

With treatment, support, and regular care, you can continue to pursue your goals and live life fully.

You are not alone.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #HIVSupport #PositiveLiving

MONDAY 9 JUNE – FAMILY CARE

06:45 | MYTH BUSTER

MYTH: You only need to see a doctor when you're sick.

FACT: Regular check-ups help identify health concerns early and keep your family healthier for longer.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #FamilyCare #PreventiveCare

13:00 | SIGNS POST

Signs it's time for a family health check-up:

- ✓ Persistent fatigue
- ✓ Frequent illness
- ✓ Changes in appetite
- ✓ Ongoing coughs or discomfort

Early intervention can make all the difference.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #FamilyCare #FamilyHealth

19:30 | EMPOWERMENT POST

Healthy families build stronger communities.

From children to grandparents, everyone deserves quality healthcare from a trusted team.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #FamilyCare #HealthyFamilies

TUESDAY 10 JUNE – MEN'S HEALTH

06:45 | MYTH BUSTER

MYTH: Men should only visit a doctor when something is seriously wrong.

FACT: Preventive check-ups help detect health issues early and improve long-term wellbeing.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #MensHealth #MensWellness

13:00 | SIGNS POST

Don't ignore these warning signs:

- ✓ Frequent fatigue
- ✓ Unexplained weight changes
- ✓ Ongoing pain
- ✓ Urinary changes

Early detection saves lives.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #MensHealth #EarlyDetection

19:30 | EMPOWERMENT POST

Taking care of your health is a sign of strength.

A simple health check today can help protect your future and those who depend on you.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #MensHealth #StrongMen

WEDNESDAY 11 JUNE – REPRODUCTIVE HEALTH

06:45 | MYTH BUSTER

MYTH: Family planning is only for married couples.

FACT: Family planning services are available to anyone who wants to make informed decisions about their reproductive health.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #FamilyPlanning

13:00 | SIGNS POST

When should you discuss fertility concerns with a healthcare provider?

- ✓ Difficulty conceiving after trying
- ✓ Irregular cycles
- ✓ History of reproductive health conditions

Professional guidance can help identify options and next steps.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #FertilitySupport

19:30 | EMPOWERMENT POST

Knowledge is power.

Understanding your reproductive health helps you make informed decisions with confidence.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #WomenEmpowerment

THURSDAY 12 JUNE – HIV SUPPORT

06:45 | MYTH BUSTER

MYTH: HIV can be spread through casual contact.

FACT: HIV is not spread through hugging, sharing food, shaking hands, or everyday social contact.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HIVSupport #HIVAwareness

13:00 | SIGNS POST

Why regular HIV monitoring matters

- ✓ Tracks treatment effectiveness
- ✓ Supports long-term health
- ✓ Helps prevent complications
- ✓ Provides peace of mind

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HIVSupport #ARVCare

19:30 | EMPOWERMENT POST

Support, treatment, and knowledge create stronger futures.

You deserve healthcare delivered with dignity, respect, and compassion.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HIVSupport #StigmaFreeCare

FRIDAY 13 JUNE – FAMILY CARE

06:45 | MYTH BUSTER

MYTH: Children's health concerns always resolve on their own.

FACT: Regular check-ups help identify and address issues before they become serious.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #FamilyCare #ChildHealth

13:00 | SIGNS POST

Signs your child may need a health assessment:

- ✓ Persistent fever
- ✓ Ongoing fatigue
- ✓ Appetite changes
- ✓ Delayed recovery from illness

Professional advice can help provide clarity.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #FamilyCare #ChildWellness

19:30 | EMPOWERMENT POST

Every family deserves healthcare they can trust.

From routine check-ups to ongoing care, we're here to support your family's wellbeing.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #FamilyCare #CommunityHealth

14 – 20 June

SATURDAY 14 JUNE

06:45 | YOUTH DAY HEALTH AWARENESS WEEK

Reminder

Young people deserve access to accurate health information, supportive healthcare, and a future filled with opportunity.

This Youth Month, let's encourage healthy choices, regular check-ups, and open conversations about physical and mental wellbeing.

Your health is your foundation for success.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #YouthMonth

13:00 | SIGNS POST

Signs it's time to book a men's health screening:

- ✓ Frequent headaches
- ✓ Persistent fatigue
- ✓ Changes in blood pressure
- ✓ Reduced energy levels

Early detection saves lives.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #MensHealth #HealthScreening

19:30 | EMPOWERMENT POST

Strong men take responsibility for their health.

A simple check-up today can protect your future tomorrow.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #MensHealth #HealthyLiving

SUNDAY 15 JUNE – REPRODUCTIVE HEALTH

06:45 | MYTH BUSTER

MYTH: Contraception causes permanent infertility.

FACT: Most contraceptive methods are completely reversible and do not affect long-term fertility.

Safe, legal, confidential reproductive healthcare starts with accurate information.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #Contraception

13:00 | SIGNS POST

When should you seek reproductive health advice?

- ✓ Painful periods
- ✓ Heavy bleeding
- ✓ Irregular cycles
- ✓ Questions about contraception

Professional guidance can help you make informed decisions.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #ReproductiveCare

19:30 | PUBLIC HOLIDAY CLOSURE NOTICE

 **Reminder**

Phoenix Health Care Group will be **closed on Monday, 16 June 2026** in observance of **Youth Day**.

Please ensure that:

- ✓ Repeat prescriptions are collected in advance
- ✓ Appointments are scheduled before or after the public holiday
- ✓ Medication needs are planned ahead

We will reopen on **Tuesday, 17 June 2026** during normal business hours.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

#PhoenixHealthCare #HealthcareWithHeart #YouthDay

MONDAY 16 JUNE – YOUTH DAY

06:45 | YOUTH DAY 2026

Today we honour the courage, resilience, and determination of South Africa's youth.

Youth Day reminds us that young people have the power to shape communities, challenge barriers, and create a brighter future.

At Phoenix Health Care Group, we believe that access to quality healthcare empowers young people to thrive and achieve their full potential.

Happy Youth Day South Africa.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

#PhoenixHealthCare #HealthcareWithHeart #YouthDay2026

13:00 | YOUTH HEALTH MATTERS

Good health starts with good habits.

Young people should prioritise:

- ✓ Regular health check-ups
- ✓ HIV testing and awareness
- ✓ Mental wellbeing
- ✓ Healthy eating
- ✓ Physical activity

Investing in your health today creates opportunities for tomorrow.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

#PhoenixHealthCare #HealthcareWithHeart #YouthWellness

19:30 | YOUTH DAY MESSAGE

The leaders, innovators, entrepreneurs, healthcare professionals, and parents of tomorrow are sitting in classrooms today.

To every young person pursuing their dreams:

Believe in yourself.

Protect your health.

Invest in your future.

Happy Youth Day from the Phoenix Health Care Group team.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

#PhoenixHealthCare #HealthcareWithHeart #FutureLeaders

TUESDAY 17 JUNE – FAMILY CARE

06:45 | MYTH BUSTER

MYTH: Annual health check-ups are only necessary for older adults.

FACT: Preventive healthcare benefits every family member, regardless of age.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #FamilyCare #PreventiveCare

13:00 | SIGNS POST

Signs your family may benefit from a wellness check:

- ✓ Frequent illnesses
- ✓ Low energy levels
- ✓ Ongoing health concerns
- ✓ Missed routine screenings

Healthy habits begin with proactive care.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #FamilyCare #FamilyWellness

19:30 | EMPOWERMENT POST

The best gift you can give your loved ones is a healthier future.

Invest in your family's wellbeing today.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #FamilyCare #HealthyFamilies

WEDNESDAY 18 JUNE – MEN'S HEALTH

06:45 | MYTH BUSTER

MYTH: High blood pressure always has obvious symptoms.

FACT: High blood pressure is often called the "silent killer" because many people experience no symptoms at all.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #MensHealth #BloodPressureAwareness

13:00 | SIGNS POST

Possible warning signs that shouldn't be ignored:

- ✓ Shortness of breath
- ✓ Chest discomfort
- ✓ Persistent headaches
- ✓ Dizziness

Get checked. Early action matters.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #MensHealth #EarlyDetection

19:30 | EMPOWERMENT POST

Looking after your health is one of the strongest decisions you can make.

Your future self will thank you.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #MensHealth #MensWellness

THURSDAY 19 JUNE – REPRODUCTIVE HEALTH

06:45 | MYTH BUSTER

MYTH: Reproductive health check-ups are only necessary when you have symptoms.

FACT: Routine reproductive healthcare can help identify concerns before they become serious.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #WomensHealth #PreventiveCare

13:00 | SIGNS POST

Consider booking an appointment if you experience:

- ✓ Ongoing pelvic discomfort
- ✓ Irregular bleeding
- ✓ Fertility concerns
- ✓ Unusual symptoms

Early support leads to better outcomes.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #WomensWellness

19:30 | EMPOWERMENT POST

Taking charge of your reproductive health is an act of self-care and self-respect.

We're here to support every step of your journey.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #WomensHealth #HealthChoices

FRIDAY 20 JUNE – HIV SUPPORT

06:45 | MYTH BUSTER

MYTH: If you're on ARVs and feel well, you can stop treatment.

FACT: ARV treatment should only be changed or stopped under medical supervision. Consistency is key to long-term health.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HIVSupport #ARVTreatment

13:00 | SIGNS POST

Benefits of staying engaged in HIV care:

- ✓ Better long-term health
- ✓ Treatment monitoring
- ✓ Professional support
- ✓ Improved quality of life

Your healthcare journey matters.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #HIVSupport #HIVCare

19:30 | EMPOWERMENT POST

Every step you take toward your health is a step toward a stronger future.

Support, treatment, and hope go hand in hand.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #HIVSupport #HopeAndHealth

21 – 27 June 2026

SATURDAY 21 JUNE – FAMILY CARE

06:45 | MYTH BUSTER

MYTH: Healthy children don't need regular check-ups.

FACT: Routine check-ups help monitor growth, development, and overall wellbeing, even when your child seems perfectly healthy.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public
Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #ChildWellness

13:00 | SIGNS POST

Signs your child may need medical attention:

- ✓ Frequent headaches
- ✓ Changes in appetite
- ✓ Difficulty sleeping
- ✓ Unusual tiredness

Early assessment helps prevent bigger health concerns.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #FamilyHealth

19:30 | EMPOWERMENT POST

Strong families start with good health.

Taking time for routine healthcare today can make a lasting difference tomorrow.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #HealthyFamilies

SUNDAY 22 JUNE – MEN'S HEALTH

06:45 | MYTH BUSTER

MYTH: Men should be able to "push through" health problems.

FACT: Ignoring symptoms often allows conditions to worsen. Seeking help early is a smart health decision.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #MensHealth

13:00 | SIGNS POST

Don't ignore these signs:

- ✓ Persistent fatigue
- ✓ Shortness of breath
- ✓ Frequent headaches
- ✓ Changes in urinary habits

Early detection saves lives.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #HealthScreening

19:30 | EMPOWERMENT POST

Real men get checked.

Taking charge of your health protects not only you, but those who depend on you.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #MensWellness

MONDAY 23 JUNE – REPRODUCTIVE HEALTH

06:45 | MYTH BUSTER

MYTH: Fertility concerns only affect women.

FACT: Fertility challenges can affect both men and women. Early assessment can help identify contributing factors.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #FertilityAwareness

13:00 | SIGNS POST

Consider a reproductive health consultation if you experience:

- ✓ Irregular menstrual cycles
- ✓ Persistent pelvic discomfort
- ✓ Fertility concerns
- ✓ Questions about contraception

We're here to help you make informed choices.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #WomensHealth

19:30 | EMPOWERMENT POST

Safe, legal, confidential.

Your reproductive health choices deserve compassionate care and professional support.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #ReproductiveHealth

TUESDAY 24 JUNE – HIV SUPPORT

06:45 | MYTH BUSTER

MYTH: HIV treatment is only needed when you feel sick.

FACT: Starting and maintaining treatment early helps protect your health and improves long-term outcomes.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #HIVAwareness

13:00 | SIGNS POST

Why regular HIV monitoring matters:

- ✓ Tracks treatment progress
- ✓ Supports long-term wellness
- ✓ Helps prevent complications
- ✓ Provides peace of mind

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #HIVCare

19:30 | EMPOWERMENT POST

Live well with HIV.

With expert ARV management, ongoing care, and support, a healthy future is possible.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #PositiveLiving

WEDNESDAY 25 JUNE – FAMILY CARE

06:45 | MYTH BUSTER

MYTH: Family healthcare is only about treating illness.

FACT: Family healthcare focuses on prevention, wellness, and helping every family member stay healthy.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #PreventiveCare

13:00 | SIGNS POST

When should your family schedule a wellness check?

- ✓ Ongoing fatigue
- ✓ Recurring illness
- ✓ Missed screenings
- ✓ General health concerns

Prevention is always better than cure.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #FamilyWellness

19:30 | EMPOWERMENT POST

Your family's health is one of life's greatest investments.

Let us help you build a healthier future together.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #FamilyCare

THURSDAY 26 JUNE – MEN'S HEALTH

06:45 | MYTH BUSTER

MYTH: Heart disease only affects older men.

FACT: Lifestyle, family history, and health habits can increase risk at any age.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #HeartHealth

13:00 | SIGNS POST

Possible signs of heart-related health concerns:

- ✓ Chest discomfort
- ✓ Shortness of breath
- ✓ Unusual fatigue
- ✓ Dizziness

Don't ignore the warning signs.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #MensHealth

19:30 | EMPOWERMENT POST

Your health is your greatest asset.

Taking action today can help you enjoy more of tomorrow.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #HealthyMen

FRIDAY 27 JUNE – REPRODUCTIVE HEALTH

06:45 | MYTH BUSTER

MYTH: Reproductive healthcare is only needed when planning a pregnancy.

FACT: Reproductive healthcare supports overall wellbeing at every stage of life.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #WomensWellness

13:00 | SIGNS POST

Signs it's time to book a reproductive health appointment:

- ✓ Menstrual changes
- ✓ Pelvic discomfort
- ✓ Fertility questions
- ✓ Contraception concerns

Professional advice can provide clarity and confidence.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #WomensHealth

19:30 | EMPOWERMENT POST

Every woman deserves access to compassionate, respectful healthcare.

Your health journey matters, and we're here to support you.

Contact us 010 500 1153 | Edenvale, Johannesburg, 1609

Monday - Friday: 08:00 - 17:00 | Saturday : 08:00 - 14:00 | Sunday : Closed | Public Holidays: Closed

#PhoenixHealthCare #HealthcareWithHeart #WomenEmpowered

27 to 30 June

SUNDAY 28 JUNE – HIV SUPPORT

06:45 | MYTH BUSTER

MYTH: If your HIV viral load becomes undetectable, you're cured.

FACT: An undetectable viral load means treatment is working effectively, but ongoing treatment and monitoring remain important.

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#PhoenixHealthCare #HealthcareWithHeart #UndetectableEqualsUntransmittable

13:00 | SIGNS POST

Benefits of regular HIV care and monitoring:

- ✓ Tracks your progress
- ✓ Helps manage treatment effectively
- ✓ Supports long-term health
- ✓ Provides professional guidance

Consistent care leads to better outcomes.

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#PhoenixHealthCare #HealthcareWithHeart #HIVCare

19:30 | EMPOWERMENT POST

Live well. Stay informed. Stay supported.

With the right treatment and healthcare team, you can confidently plan for the future.

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#PhoenixHealthCare #HealthcareWithHeart #PositiveLiving

MONDAY 29 JUNE – FAMILY CARE

06:45 | MYTH BUSTER

MYTH: Healthy lifestyles alone eliminate the need for routine health screenings.

FACT: Regular screenings help detect conditions that may not show symptoms early on.

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#PhoenixHealthCare #HealthcareWithHeart #PreventiveHealthcare

13:00 | SIGNS POST

When should you schedule a family wellness visit?

- ✓ Ongoing fatigue
- ✓ Frequent illness
- ✓ Changes in appetite
- ✓ Concerns about growth or development

A proactive approach helps keep your family healthy.

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#PhoenixHealthCare #HealthcareWithHeart #FamilyWellness

19:30 | EMPOWERMENT POST

Your family's wellbeing deserves consistent care and attention.

Small health decisions today can create healthier tomorrows.

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#PhoenixHealthCare #HealthcareWithHeart #HealthyFamilies

TUESDAY 30 JUNE – MEN'S HEALTH

06:45 | MYTH BUSTER

MYTH: Men's health screenings are only necessary after age 50.

FACT: Health screenings are important throughout adulthood and can help identify risks before symptoms develop.

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#PhoenixHealthCare #HealthcareWithHeart #MensHealthAwareness

13:00 | SIGNS POST

Signs you should book a health check-up:

- ✓ Persistent fatigue
- ✓ Elevated stress levels
- ✓ Changes in sleep patterns
- ✓ Unexplained weight changes

Early action can make a significant difference.

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#PhoenixHealthCare #HealthcareWithHeart #HealthScreening

19:30 | EMPOWERMENT POST

Real strength includes taking care of your health.

Prioritising regular check-ups is an investment in yourself, your family, and your future.

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#PhoenixHealthCare #HealthcareWithHeart #StrongHealthyMen