

Think... Act... Be...

Healthy

Issue #6
2019

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Just a thought...

It is not too late to get
your flu shot!

Multiple medications?

We can organize
them by day
and time.

Talk to your PPN Pharmacist!



Eating Better at Holiday Social Events



One of life's pleasures should be enjoying delicious foods with family and friends. It is possible to stay on track this holiday season even when you are faced with many tempting foods.

Pre-Party Planning – Eat regular meals during the day, drink enough water

Savour Smaller Servings – Do not hang around the food table

Finger Food Favs – Bring a festive holiday vegetable or fruit tray

Sweet Indulgences – Savour a small decadent dessert

Cocktail Hour – Limit higher sugar drinks like pop, punch or eggnog

Have questions about
your medications?

Book a Medication Review.

MHCSI Preferred Provider Network (PPN) Pharmacies include:

Sobeys
Pharmacy

Pharmacy
at **SAFEWAY**

IGA
PHARMACY

THRIFTY
FOODS
PHARMACY

FOODLAND
PHARMACY

Pharmacy
PRIVÉ

CHALO FRESHCO
Pharmacy

Lawtons
DRUGS

Eat better. Feel better. Do better.