

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

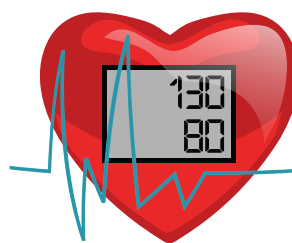
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Just a thought...
Healthy Heart,
Healthy You!

Blood Pressure can change...

Check yours regularly at our pharmacy.



Your PPN pharmacist will help you understand your numbers.

Sodium and Your Health

Too much sodium increases your risk of high blood pressure, a leading cause of heart disease and stroke. Most sodium comes from restaurant meals and highly processed foods.

Aim for no more than 2000 mg of sodium per day.

Are You Salt Savvy?

- Salt brings out the flavour in foods. Cut back slowly so you develop a taste for less salt
- Cook at home more often to control the amount of salt in your meals
- Taste your food before adding salt. Use only the amount you need to make healthy foods enjoyable

Do you have questions, Sobeys Dietitians can help!
Visit www.sobeyspharmacy.com to find a Sobeys Dietitian near you!



Have questions about
your medications?

Book a Medication Review.

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Eat better. Feel better. Do better.