

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

# Healthy

Issue #1  
**2019**

Brought to you by **MHCSI** ♦

Just a thought...

The tiniest snowflakes  
are no larger than the  
diameter of a human hair

## Travelling this Winter?

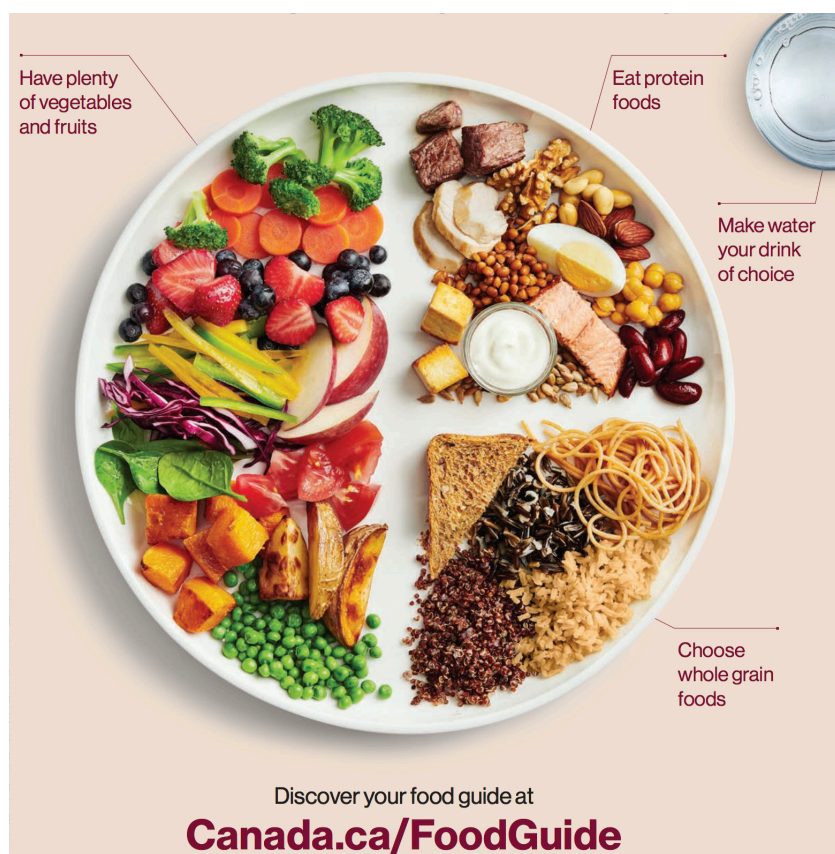
Want Travel advice to  
reduce your risk of  
travelers' illnesses?

**Ask our pharmacist!**



## Canada's Food Guide

**Sobeys**  
Dietitians



Do you have questions about  
Canada's New Food Guide?  
Sobeys Dietitians can help!

Visit **[www.sobeyspharmacy.com](http://www.sobeyspharmacy.com)**  
to find a dietitian near you!

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**  
FRESHCO

**CHALLO**  
FRESHCO  
PHARMACY

**Lawtons**  
DRUGS

Eat better. Feel better. Do better.