

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

Healthy

Issue #2
2019

Brought to you by **MHCSI** ♦

Just a thought...

If we didn't have winter,
spring would not
be so pleasant.

Pharmacist Counselling



Have questions about your health and medications?

Get started on your individualized care plan with our pharmacist today.

Nutrition Counselling

Sobeys
Dietitians

Nutrition Counselling

with our Sobeys Dietitians

Visit www.sobeyspharmacy.com
to find a dietitian near you!

Are you receiving the
Think Act Be Healthy
e-newsletter?

Sign up today, visit
www.mhcsi.ca/wellness-plus/register

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Eat better. Feel better. Do better.