

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

Healthy

Issue #4
2017

Brought to you by **MHCSI** ♦

Just a thought...

Remember to always look
at the SUNNY side of things.

There are better ways to PROTECT YOURSELF!

Get advice from our pharmacists about:

- Choosing a sunscreen
- Sunburn prevention & treatment
- Medications that increase sun sensitivity
- Protecting insulin from summer heat



The Not-So-Sweet Truth...



Did you know that most of the added sugar in our diet comes from sugar sweetened beverages?

Take A Guess:

How many teaspoons (tsp) of sugar in a 591 ml bottle of pop?

17 tsp! Consuming 2 bottles of pop every day for 2 weeks = 1 bag of sugar

This summer, drink water more often. Flavour with lemon, lime or cucumber for a refreshing twist.

**Got a Minor Ailment?
Not a Major Problem...**

Talk to our pharmacist

MHCSI Preferred Provider Network (PPN) Pharmacies include:

Sobeys
Pharmacy

Pharmacy
at SAFEWAY

IGA
PHARMACY

THRIFTY
FOODS
PHARMACY

FOODLAND
PHARMACY

FRESH CO.
Pharmacy

Lawtons
DRUGS

Eat better. Feel better. Do better.