

# THINK act be healthy



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**MHCSI** ♦

## April is Cancer Awareness Month

Get informed, help reduce your risk!

### Make healthy choices

- Be a non-smoker and avoid second-hand smoke
- Keep a healthy body weight. Be active and eat well
- Know the risks of alcohol. The less you drink, the more you reduce your risk
- Protect your skin. Be safe in the sun and don't use tanning beds
- Get enough vitamin D from the sun, supplements and your diet

### Be Aware. Look after yourself

- Know your body and watch for signs of cancer
- Report any changes in your health to your doctor
- Get screened and help find cancer early
- Check your family's cancer history
- Understand how hormones and infections affect your cancer risk

**If you have any questions about your cancer risk factors talk to your PROfile Pharmacist today.**

*For more information on cancer awareness visit [www.cancer.ca](http://www.cancer.ca)*



## Food for Thought...

## Sobeys Better food for all.

### Attend a Nutrition Event!

Sobeys Dietitians offer many different Nutritional Classes to assist you in making healthy eating choices for you and your family. Visit your local Sobeys store today to learn more.

- Take a Store Tour
- Attend a Healthy Cooking Class
- Meal planning made easy
- Label reading



### Body & Mind

*Happiness is not something you postpone for the future; it is something you design for the present.*

~Jim Rohn

[www.brainyquote.com/quotes/topics/topic\\_inspirational](http://www.brainyquote.com/quotes/topics/topic_inspirational)



Do you know what each of your Medications are used for?  
If you have questions – Your PROfile Pharmacist has Solutions!

Book Your Medication  
Review Today!