

# THINK act be healthy

Fall 2015



Brought to you by  
**MHCSI** ♦

## FLU SHOTS

Get yours at the  
**Pharmacy!**



Talk to your  
pharmacist  
for details.

 pharmacy

Talk to your healthcare professional, including our pharmacist, about having your own immunization record reviewed to determine your individual needs. Vaccines may not be suitable for everyone and do not protect all individuals against development of disease. Some vaccines may require a prescription. Vaccines may not be available in all locations. Age restrictions may apply. Check with our pharmacist for further information.

## Food for Thought...

*Sobeys Better food for all.*



Give your immune system a boost. Try this delicious Spinach Berry Smoothie packed full of vitamin C and antioxidants.

### Spinach Berry Smoothie - Serves 4

#### Ingredients

1 cup (250 ml)	Spinach, fresh	½ cup (125 ml)	Blueberries, frozen	1 cup (250 ml)	Milk, skim
1 cup (250 ml)	Greek yogurt, vanilla, fat free	½ cup (125 ml)	Raspberries, frozen	½ tsp (2 ml)	Vanilla
		1 cup (250 ml)	Orange juice		

#### Directions:

1. Place spinach in blender
2. Add remaining ingredients
3. Blend until smooth

#### Nutrition Information per Serving:

Calories 127 Fat 0 grams	Carbohydrate 23 grams Fibre 2 grams	Protein 8 grams Sodium 60 milligrams
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Tip: Freeze extra smoothie in ice cube trays. Blend frozen cubes for a slushie. Source: Sobeys Dietitians

\*MHCSI Preferred Provider Network (PPN) Pharmacies include:



## Body & Mind

Taking care of our physical bodies is an important element in caring of our whole selves.

Do you know what each of your Medications are used for?  
If you have questions – Your PPN Pharmacist\* has solutions! .....▶

**Book Your  
Medication Review  
Today!**