

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

Healthy

Fall
2016

Brought to you by **MHCSI** ♦

Just a thought...
"Fall" in love
with running...

It's Flu Season... Be Prepared

We give

FLU SHOTS!

Talk to one of our pharmacists
or book online at
WeGiveFluShots.ca



Vitamin C - It's Delicious and Healthy!

Eating a variety of foods packed with Vitamin C from Canada's Food Guide is important for a healthy immune system.

True or False: The best place to find Vitamin C is in fruits and vegetables? ...True!

Boost your vitamin C!

- Snack on red, orange, yellow pepper slices or broccoli spears.
- Cut up kiwi, strawberries or oranges to mix with yogurt.



Too many
prescription bottles?

Ask about
compliance packaging.

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Eat better. Feel better. Do better.