

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

# Healthy

Spring  
**2016**

Just a thought...

A kind word is  
like a spring day.

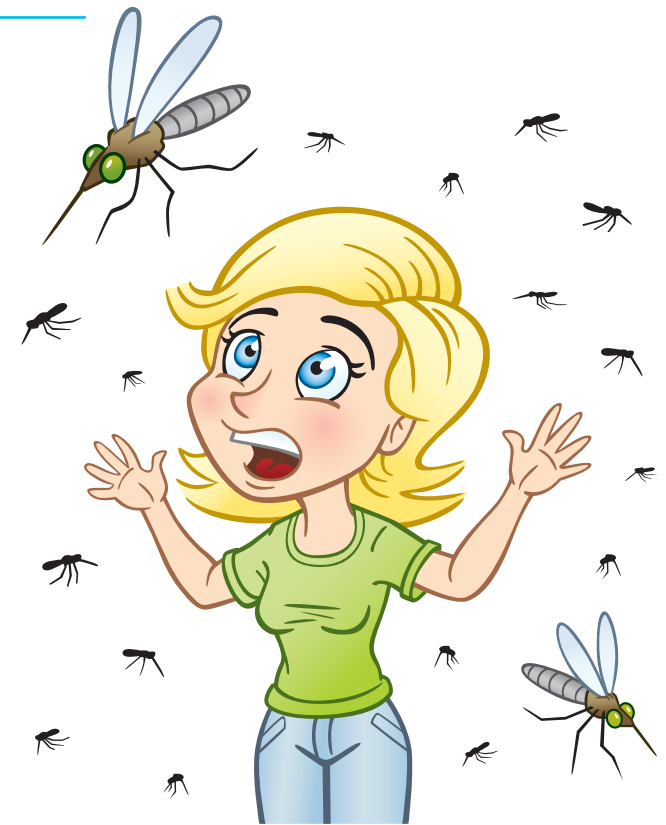
## When Spring "Bugs" You

Insect repellents (often called bug spray) can help protect you from mosquito and tick bites. Insect bites can cause several health problems, from itchiness and irritation to potentially serious diseases such as West Nile virus or Lyme disease.

Your PPN pharmacist can help you choose the best insect repellent for you and your family.

### Bite Prevention Tips:

- Insect repellent
- Get rid of standing water
- Wear long clothes
- Wear light colours
- Seal holes in screens and doors
- Check clothes and pets for ticks
- Get immunized
- Stay inside



## Super Snacks for Active Bodies on the Go!

**Vegetables & dip****Fruit & yogurt****Unsalted nuts or seeds****Cheese with fruit****Hard-boiled egg****Mini whole wheat pita with  
peanut butter or hummus**

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

**Talk to our pharmacist**

MHCSI Preferred Provider Network (PPN) Pharmacies include:

**Sobeys**  
Pharmacy

**Pharmacy**  
at **SAFEWAY**

**THRIFTY**  
FOODS  
PHARMACY

**FOODLAND**  
PHARMACY

**FRESH CO.**  
Pharmacy

**Lawtons**  
DRUGS

**Eat better. Feel better. Do better.**