

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

Brought to you by **MHCSI** ♦

Healthy

Summer
2016

Just a thought...
Be the reason
someone smiles today.

Here comes the SUN!

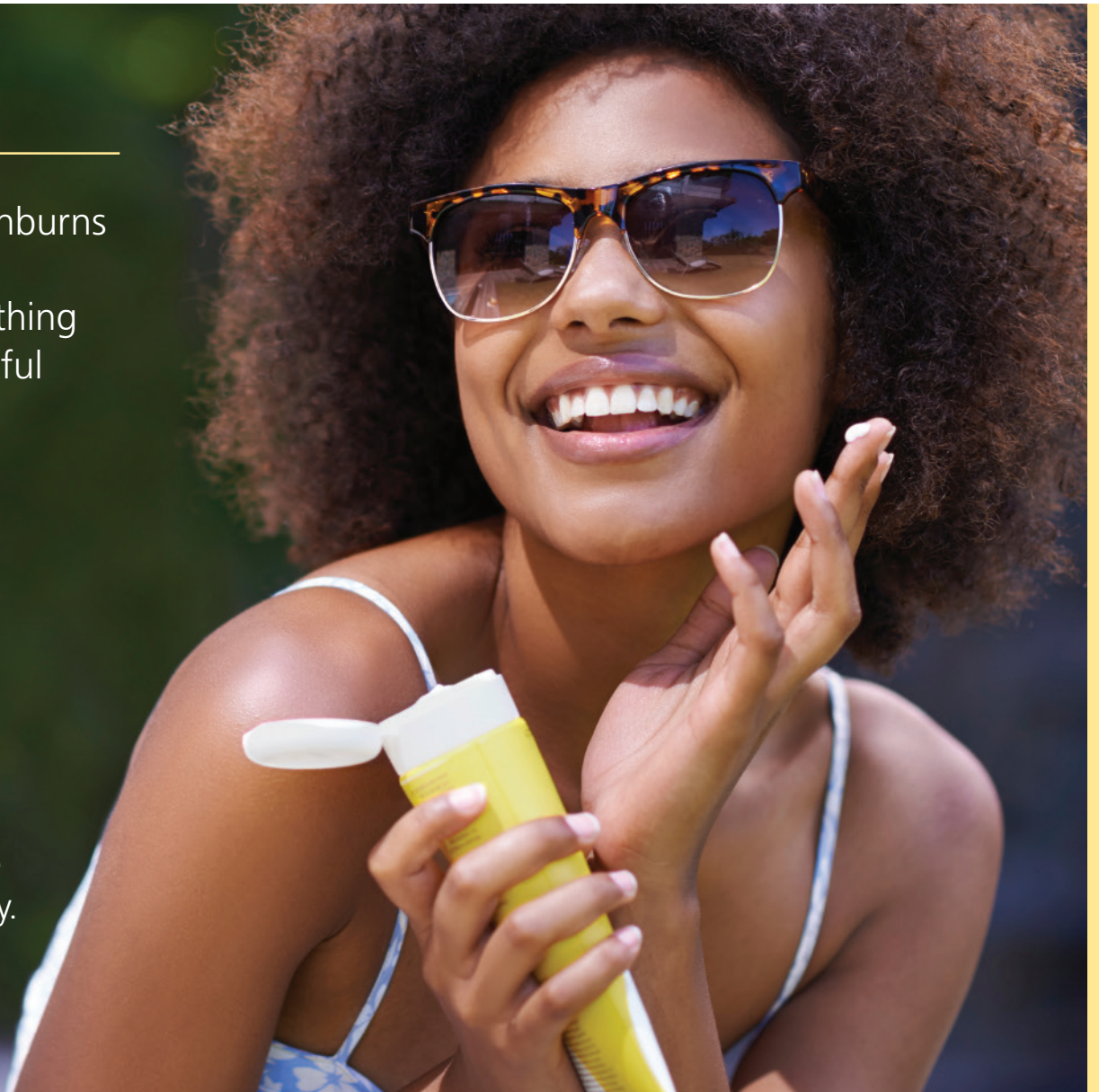
Being in the sun too long can cause sunburns and skin cancer. It is important to wear sunscreen and cover your skin with clothing to protect yourself from the sun's harmful ultraviolet radiation (UV rays).

Sunscreen Safety Tips:

- Choose a broad-spectrum sunscreen with a high SPF
- Look for water resistant
- Read application instructions
- Apply it early and reapply often

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

Source: www.healthycanadians.gc.ca



COOL as a Cucumber...

Cool off and stay hydrated with these refreshing summer fruits and vegetables:

- Watermelon
- Strawberries
- Peaches
- Cucumber
- Tomatoes
- Celery



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

Talk to our pharmacist

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Eat better. Feel better. Do better.