

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

# Healthy

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Just a thought...

There is no better time than now **to start living** healthy.

## Is quit smoking this year's resolution?

Talk to your PPN pharmacist to find the **smoking cessation** method that's right for you!



## The Power of Breakfast

Make a **New Start** in the **New Year**. A complete breakfast fuels the body and boosts our metabolism for the day.



### Aim for a Complete Breakfast

- Eat foods from 3 of the 4 food groups in Canada's Food Guide
- Choose foods with 2-4 grams of fibre per serving
- Think outside the box! Have leftovers for a change
- Limit empty calorie foods like pastries, doughnuts, and sweetened cereals

Have questions about your medications?

Book a Medication Review.

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Eat better. Feel better. Do better.