

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

Healthy

Issue #3
2018

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Just a thought...
Skip the diet,
just eat healthy.

Shingles. Don't wait, vaccinate!

**Are you
age 50
or older?**

You could be at risk
of developing shingles.
Talk to your pharmacist
about vaccinating yourself
against shingles.



Perfect Pairings

Sobeys
Dietitians



Did you know that some foods
were simply made for each other?

For example, combine plant
foods like beans, pumpkin seeds,
or leafy greens with a source
of vitamin C to increase your
absorption of iron. Vitamin C can
be found in peppers, broccoli,
strawberries and citrus fruits.

Too many
prescription bottles?
Ask about
compliance packaging.

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Eat better. Feel better. Do better.