

THINK act be healthy

Fall 2013



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MHCSI ♦

Get the Flu Shot, Not the Flu!

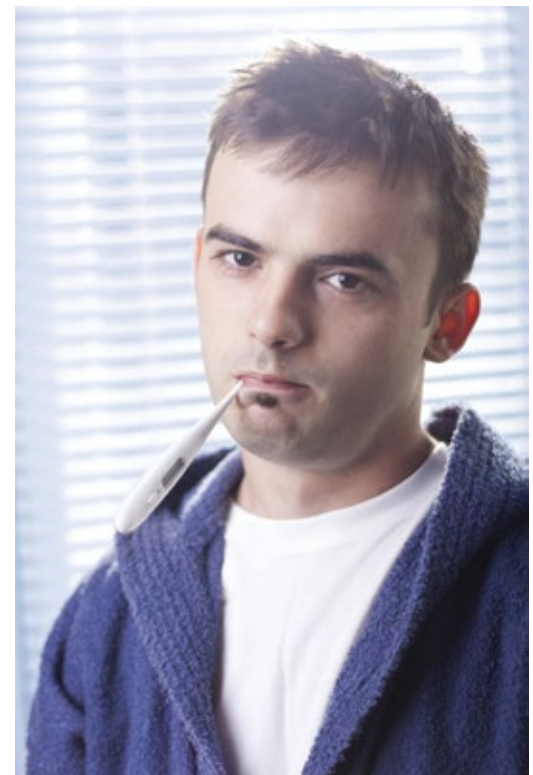
Did you know?

- Seasonal influenza is a serious illness that affects millions of Canadians every year
- Everyone is at risk of catching the flu virus – even healthy, young adults
- Influenza spreads easily, especially in the workplace
- Less absenteeism due to flu related illnesses in the workplace, results in increased productivity

The best protection against the flu is immunization (flu shot)

Flu shots are available at the pharmacy in the following provinces: British Columbia; Alberta; Ontario; New Brunswick and Nova Scotia. Get your flu shot today!

If you have any questions about flu and your risk factors, talk to your PROfile Pharmacist.



Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You



Give your immune system a boost. Try this delicious Spinach Berry Smoothie packed full of vitamin C and antioxidants.

Spinach Berry Smoothie - Serves 4

Ingredients:

1 cup (250 ml) Spinach, fresh	½ cup (125 ml) Blueberries, frozen	1 cup (250 ml) Milk, skim
1 cup (250 ml) Greek yogurt, vanilla, fat free	½ cup (125 ml) Raspberries, frozen	½ tsp (2 ml) Vanilla
	1 cup (250 ml) Orange juice	

Directions:

1. Place spinach in blender
2. Add remaining ingredients
3. Blend until smooth

Nutrition Information per Serving:

Calories 127 Fat 0 grams	Carbohydrate 23 grams Fibre 2 grams	Protein 8 grams Sodium 60 milligrams
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Tip: Freeze extra smoothie in ice cube trays. Blend frozen cubes for a slushie. *Source: Sobeys Dietitians*

Body & Mind

Sleep is the golden chain that ties health and our bodies together.

~Thomas Dekker



Do you know what each of your Medications are used for?
If you have questions – Your PROfile Pharmacist has Solutions!

Book Your Medication
Review Today!