

THINK act be healthy

Summer 2015



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MHCSI ♦

Your Summer Survival Kit!

Summer is a busy time of year for most families; a well-planned summer survival kit can ensure that everyone stays active and healthy this season! Before venturing out this summer, don't forget to pack these essential items:



Your PPN* pharmacist is always available to answer your health questions and help you choose the best products for your Summer Survival Kit.

Food for Thought...

Sobeys Better food for all.

Drink Water!

Water and fluids are an important part of keeping our bodies cool and hydrated in the summer heat. Keep water with you at all times while in the sun and remember the more active you are, the more water you should drink.

The benefits of drinking water are just as important for children as for adults. Stay hydrated with water!

Nutrition Tip: Add frozen berries to your water for a burst of flavor!



Sobeys
Dietitians

*MHCSI Preferred Provider Network (PPN) Pharmacies include:



Body & Mind

It's almost Summer! Time to find out what our friends with swimming pools have been up to since last summer!

Do you know what each of your Medications are used for?
If you have questions – Your PPN Pharmacist* has solutions!▶

**Book Your
Medication Review
Today!**