

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

Healthy

Issue #2
2017

Just a thought...
The only bad workout is
the one that didn't happen...

Forgot to refill your prescription again?

Our pharmacists can
automatically refill
selected prescriptions before
they run out.

Sign up at the pharmacy today!



Food Fight!

March is Nutrition Month and the theme this year is,

Take the Fight out of Food!
Spot the problem. Get the facts.
Seek support.

It is dedicated to supporting Canadians to
end their struggles with food. For more
information, visit www.nutritionmonth2017.ca

Whether you are trying to manage a health
condition with a special diet, control your weight,
feed your family, or understand food labels, Sobeys
Registered Dietitians can help.

To find a Sobeys Dietitian in your area,
visit www.sobeyspharmacy.com



Have questions about
your medications?

Book a Medication Review.

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Eat better. Feel better. Do better.