

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

Healthy

Issue #5
2017

Just a thought...
Fall brings pumpkin spice
and everything nice.

It's Flu Season... Be Prepared

We give

FLU SHOTS!

Talk to one of our pharmacists
or book online at
WeGiveFluShots.ca



Smoothie 101



Just a few basic ingredients blended together make a delicious smoothie that is healthy and packed full of vitamins and antioxidants.

1. Start with fresh or frozen fruit (berries, peaches or mangoes)
2. Add liquid such as milk, milk alternatives (such as soy, almond or coconut), tea or water.
3. Add protein like Greek yogurt, peanut/nut butter, pasteurized egg white or protein powder for a complete meal.
4. Add even more nutrition by adding a green leafy vegetable. Try baby kale, spinach or beet greens.
5. Enhance the sweetness by adding ripe banana, honey or a splash of vanilla.
6. Blend until smooth and enjoy!

Got a Minor Ailment?
Not a Major Problem...

Talk to our pharmacist

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Eat better. Feel better. Do better.