

THINK act be healthy



1 in 9 Canadian emergency room visits is related to an **Adverse Drug Event**
68% of these are **PREVENTABLE!**

Your **PROfile** Pharmacist is here to help!



Option A - Medication review to help you understand Why, When and How to take your medications

Option B - Staying healthy – Understanding your health condition and medication treatment

Option C - Comprehensive, in-depth medication and disease state review

Book Your Medication Review Today!

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Break-the-fast

Refuel your energy levels with breakfast. Mom always said breakfast was the most important meal of the day!

Breakfast:

- Starts Your Metabolism
- Gives You Nutrients
- Prevents Overeating
- Improves Performance

Not hungry/don't feel like eating? Have something small or eat a bit later in the morning.

Not enough time? Choose items you can take with you. Get things ready the night before.

Don't like breakfast foods? Be creative. Try leftovers – it doesn't have to be "breakfast" foods.

Body & Mind

Get some Zzzz's

Lack of sleep can cause you to be forgetful and less productive and can also lead to serious health problems such as weight gain, diabetes and heart disease. People need different amounts of sleep, but on average, adults need 7 to 9 hours per night.

Your **PROfile** Pharmacist has many health education resources and is always available to discuss your health concerns!



Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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