

# spring forward

If you're like most people, you've probably been in hibernation mode throughout the winter. Now that spring has sprung, why not shed some layers and start to explore all that the outdoors has to offer. That can mean a short walk around the neighborhood, or a longer "hike" on one of your favourite city or country trails. Plan a bike ride, go rollerblading or take your yoga mat outside. Getting reacquainted with nature is a great stress reliever and one of the easiest things you can do to awaken your mind and recharge your batteries.

Did you know that as soon as you finish brushing your teeth, bacteria starts to build up in your mouth? Colgate Total® fights cavities and provides 12 hour protection against bacteria that causes plaque and gingivitis.



MARCH 2011							MAY 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

\*Every medication or natural health product may cause serious adverse reactions or interactions with other medications. •Read the label, warnings and inserts provided by the manufacturers and consult your pharmacist when purchasing such medications or natural health products. \*Always keep medications and natural health products out of the reach of children.



Before starting a regular program of physical activity, check with your doctor to make sure you're ready to get active again.

## APRIL 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 April Fool's Day	2
 <p><b>The #1 choice of Dental Professionals!</b></p> <p><small>Protection against the bacteria that cause plaque and gingivitis. Fights cavities. The #1 toothbrush used by dental professionals and recommended for overall oral care. Colgate-Palmolive Canada Inc. *TM Reg. © 2011</small></p>						
3	4 Zellers Senior's Day	5	6	7	8	9
10	11	12	13	14	15	16
17 Palm Sunday	18	19 Passover begins	20	21	22 Good Friday Earth Day	23
24 Easter Sunday	25 Easter Monday	26 Last Day of Passover	27	28	29	30



truly™ Anti-Bacterial Mint Mouthwash  
For a clean, healthy mouth use rinse daily.

National brand quality,  
at way better prices!

