

self aware

Given the daily demands of family, relationships, work and home, it can be easy to lead yourself off the to-do list. But finding a little "self" time in your week can help you recharge, leaving you more ready to tackle whatever comes your way. You may have to plan it at first, but that's OK. A long bath, a good book, a run in the park, dinner with friends...whatever gets you back in touch with yourself and what you love to do is time very well spent!



truly™ Decongestant Nasal Spray
Fast acting quick relief of nasal and sinus congestion.



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



Because they're planned in advance, scheduled activities, such as an art class or a running group, are easier to stick with when life gets busy.

AUGUST 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Zellers Senior's Day Civic Holiday (ON, SK, NT)	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



truly™ Rapid Action Acetaminophen Gel Caps
Gelcaps rapidly relieve headache, fever and pain. Easy to swallow.

truly.
switch to truly
& SAVE

National brand quality,
at way better prices!

