

chill out

The onset of winter can be a challenging time for our bodies. Finding a peaceful moment in the midst of all the end-of-year activity may be tough, but it's worth it to take the time whenever it presents itself — watching the snow fall, listening to your favourite holiday song, sitting back and simply watching the excitement all around you. Take an extra moment to think up all kinds of ways you can be good to yourself in the coming year!

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*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.



Look for low-cal versions of your favourite holiday meals.
No one will know the difference and you'll be "lighter" for it.

December

sunday	monday	tuesday	wednesday	thursday	friday	saturday
November 2010 S M T W T F S 1 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	January 2011 S M T W T F S 28 29 30 31 1 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		1 HANUKKAH	2	3	4
5	6 SENIOR'S DAY – ZELLERS	7 SENIOR'S DAY – THE BAY	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY
26 BOXING DAY	27	28	29	30	31 NEW YEAR'S EVE	



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and nasal congestion with vapour release.

