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Don't hide from winter: embrace it! It's natural to want to hibernate when the temperature begins to fall, but staying active in the winter can help prevent weight gain, increase your energy levels, improve your mood, reduce stress and even boost your immune system. Get out and enjoy some of the many winter activities on offer across the country — skating, skiing, snowshoeing, hockey, curling, tobogganing. Head outdoors and have some fun in the snow!

IMMUNITY-FX™

Immunity-FX™ is the perfect addition to your daily regimen to strengthen your natural defences and improve your overall health and wellness, even during periods of stress. Find out if you live a healthy lifestyle by visiting LiveHealthyQuiz.com

IMMUNITY-FX



*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.



Cold temperatures can make your muscles tight and more prone to injury. Be sure to warm up properly before outdoor activity.

February

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 <small>SENIOR'S DAY – ZELLERS</small>	2 <small>SENIOR'S DAY – THE BAY</small>	3	4	5	6
7	8	9	10	11	12 <small>OLYMPICS BEGIN</small>	13
14 <small>VALENTINE'S DAY CHINESE NEW YEAR</small>	15 <small>FAMILY DAY (AB & ON & SK)</small>	16	17 <small>ASH WEDNESDAY</small>	18	19	20
26	27	21	22	23	24	25
28						

January 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

March 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	31			



National brand quality, at way better prices!

truly™ Hot Lemon Relief

For relief of cold and flu symptoms with a soothing lemon flavour. Try it to relieve stuffy nose, sneezing, reduce fever / chills and general body aches and pains.

