

get mobile

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!

An Effective Over The Counter Laxative that dissolves completely and works with your body.
Taste Free • Odor Free • Grit Free • Taken Once Daily
No Cramps • No Gas • No Bloating • AND NO PRESCRIPTION



*Consult your pharmacist who will explain the proper use of this medication.

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



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

FEBRUARY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Groundhog Day	3 Chinese New Year	4	5
6	7 Zellers Senior's Day	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Family Day (ON, AB, SK)	22	23	24	25	26
27	28					



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truly™ Aloe Vera Hand Sanitizer with moisturizers and vitamin E; kills harmful bacteria or germs.

National brand quality, at way better prices!



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