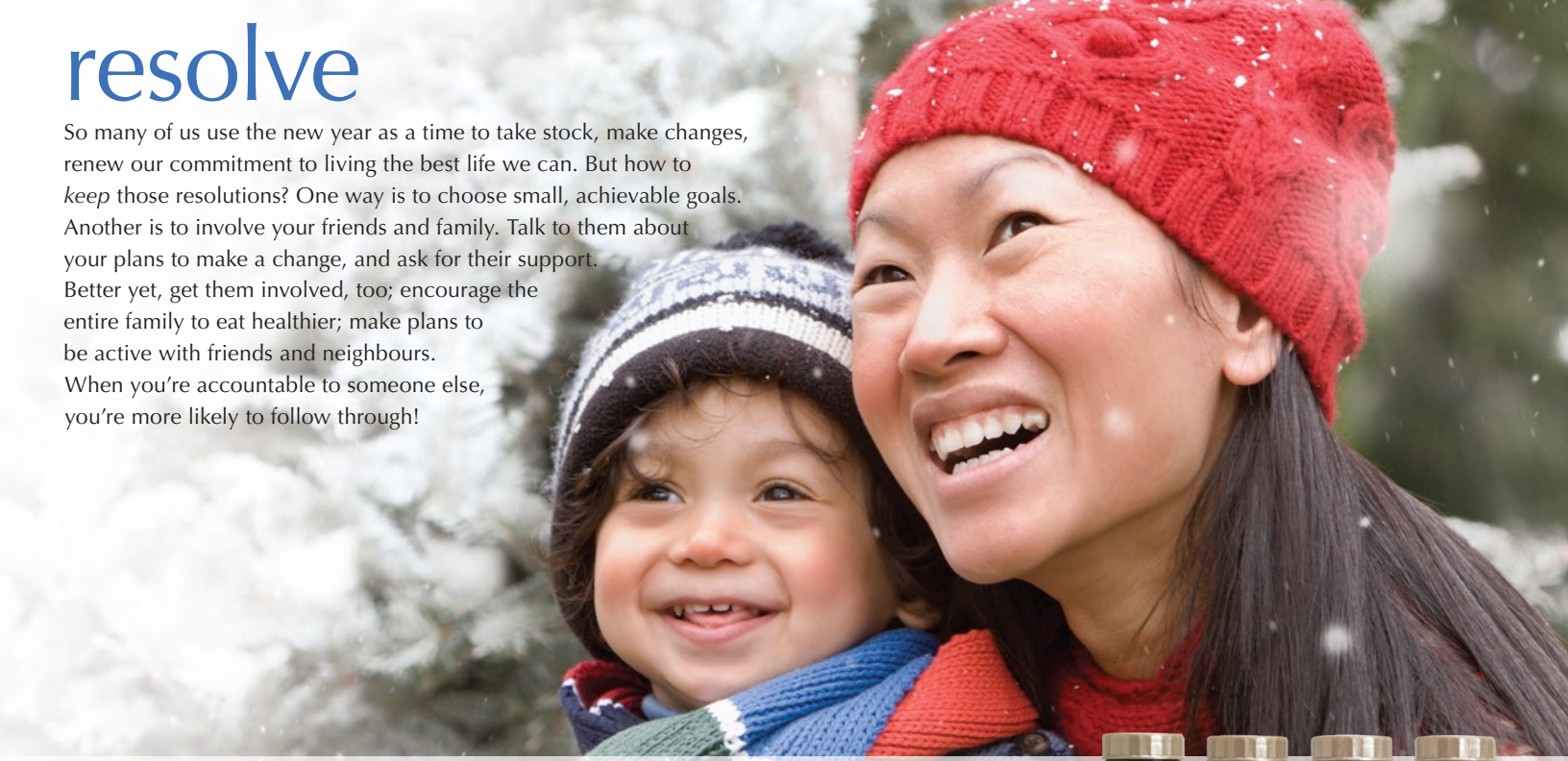


resolve

So many of us use the new year as a time to take stock, make changes, renew our commitment to living the best life we can. But how to *keep* those resolutions? One way is to choose small, achievable goals. Another is to involve your friends and family. Talk to them about your plans to make a change, and ask for their support. Better yet, get them involved, too; encourage the entire family to eat healthier; make plans to be active with friends and neighbours. When you're accountable to someone else, you're more likely to follow through!



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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.



Experts say it takes about 21 days for a new behaviour to become a habit. Begin now, as there's no better time than the present to get started!

January

sunday							monday							tuesday							wednesday							thursday							friday							saturday						
December 2009							February 2010																					1							2													
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																																				
6	7	8	9	10	11	12	7	8	9	10	11	12	13																																			
13	14	15	16	17	18	19	14	15	16	17	18	19	20																																			
20	21	22	23	24	25	26	21	22	23	24	25	26	27																																			
27	28	29	30	31			28																					NEW YEAR'S DAY																				
3							4							5							6							7							8							9						
							SENIOR'S DAY – ZELLERS							SENIOR'S DAY – THE BAY																																		
10							11							12							13							14							15							16						
17							18							19							20							21							22							23						
																					WEEDLESS WEDNESDAY																											
24/31							25							26							27							28							29							30						



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