

# breathe easier

May means longer days, warm spring breezes, gardens filled with flowers – and sneezing, wheezing, and coughing as pollen counts begin to climb. If you suffer from "seasonal allergies" or hay fever, try to stay indoors when pollen counts are at their highest (usually between 5 and 10 am). Keep doors and windows closed, change sheets and pillowcases often and remember to change the filter on your air conditioner, furnace and vacuum. You can also talk to your pharmacist about the right antihistamine for you.



Try **Scotties® Lotion**, our softest and most luxurious tissue made with Aloe and Vitamin E. Indulge yourself with softness and sophisticated designs. Scotties® adds a touch of design and style to any room.

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

\*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.



Are your eyes red and itchy from allergies? Try a cold compress for 15-20 minutes. Just wet a washcloth with cold water and place over your eyes.

## MAY 2011

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

Stylish designs for any room.



**truly™ Desloratadine**  
Fast relief for: nose: congestion, stuffiness, sneezing, runny nose; eyes: itchy, watery, red eyes; throat: coughing associated with allergy symptoms; skin: skin itch, hives.

National brand quality,  
at way better prices!

