



know your risk

Are you at risk for diabetes? In Canada, more than two million Canadians live with diabetes, and many more may have it but don't know it. The good news is that type 2 diabetes can often be prevented by following a healthy diet, getting active and losing weight. Talk to your doctor about getting screened for diabetes, what you can do to prevent it, and how to lead a full, normal life.



LifeScan
Simple testing + SimpleSteps®. This fast, accurate and easy-to-use meter can help you link your food choices to your blood glucose results.
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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.



Walking, rowing or swimming can be beneficial to people with diabetes. Exercise strengthens the cardiovascular system, increases circulation to the arms and legs and controls blood sugar levels.

November

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 <small>DIWALI</small>	6
7 <small>DAYLIGHT SAVING TIME ENDS</small>	8	9	10	11 <small>REMEMBRANCE DAY</small>	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2010							December 2010						
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	31	



National brand quality, at way better prices!

truly™ Epsom Salts
As an ideal means of relaxation at the end of a hard day, two cups of Epsom salts in a tub of hot water can help to restore a sense of well-being.

