

time together

A walk in the woods. Creating a photo album. Planning a family reunion. Spending time with loved ones can be one of the most rewarding and heartwarming experiences in life. It brings us all a little bit closer to one another. It allows us to share private moments – good, funny or sad. Whatever the occasion, make the time to see your family or friends on a regular basis. It's good for the soul and leads to a general sense of well-being and belonging.



Otrivin®

If you're suffering from a blocked or stuffy nose due to a cold or allergies, then you need a product like Otrivin®. Unlike an oral decongestant, Otrivin® goes straight to work reducing swelling in your nasal passages and sinuses. And it starts working within a few minutes for relief that can last for up to 10 hours.

*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.



Make sure to share any family history of illness you may know about. It can lead to preventative measures now and a happier, healthier life down the road.

October

sunday	monday	tuesday	wednesday	thursday	friday	saturday
September 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	November 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				1	2
3	4 SENIOR'S DAY – ZELLERS	5 SENIOR'S DAY – THE BAY	6	7	8	9
10	11 THANKSGIVING DAY	12	13	14	15	16
17	18	19	20	21	22	23
24/31 HALLOWEEN	25	26	27	28	29	30



National brand quality,
at way better prices!

truly™ Rapid Action Acetaminophen
Gelcaps rapidly relieve headache,
fever and pain. Easy to swallow.

