

balancing act

Balance is less about achieving perfection in everything and more about recognizing the give and take of everyday life. Have to work long hours to finish a project? Accept it and be sure to plan some relaxation time for when it's done. Surviving on the contents of the office vending machine yesterday? Bring a healthy lunch to work today. Overdid it at the gym? Give yourself a day to rest. When you can take things as they come and live each moment as fully as possible, you'll find that you're living well – on balance.



Jamieson Laboratories offers a complete line of premium Vitamin D supplements.

AUGUST 2011

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
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28	29	30	31			

OCTOBER 2011

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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.



Set aside one day a month, or a couple of hours a week, to do the things you've been wanting to do for yourself. A scheduled time will keep you focused on getting things done.

SEPTEMBER 2011

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



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.

National brand quality,
at way better prices!

