

# CRYING HAPPENS

IT'S OKAY  
TO WALK  
AWAY

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# GET DIRTY <sup>TO</sup> GET HEALTHY

Gardening is good for the body,  
mind and soul. **Dig in!**

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**YOU'D BE  
SURPRISED  
WHAT SHE  
CAN REACH**

**KEEP CRIBS AWAY  
FROM WINDOWS  
AND BLINDS**

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A close-up photograph of a person's hand reaching into the drum of a front-loading washing machine. The drum is filled with several light-colored, fluffy towels. The washing machine door is open, and the interior is brightly lit.

**TIP**

WASH YOUR DISHCLOTHS AND  
TOWELS OFTEN USING THE *HOT*  
CYCLE OF YOUR WASHING MACHINE

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**THE MOTHER**  
**OF ALL WORKOUTS**  
**ARE YOU TRAINING?**

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# FLU SEASON NO TOUGH ZONES



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# STROKES *by the* NUMBERS



Every 10 minutes  
someone has a  
stroke in Canada



**14 000**  
Canadians will  
die from stroke  
this year



**AGE 55**  
past it, your risk  
of stroke doubles  
every 10 years

**1.9**  
million

brain cells the average  
patient loses for every  
minute delay in  
treating a stroke that  
a stroke is left  
untreated

**20%**

the chance a stroke  
survivor will have  
another stroke  
within 2 years

**200-  
300**

Canadian babies  
will have a stroke  
just before or after  
birth this year



Which medications could put you  
at higher risk for UV damage?

**POP QUIZ**

a. Antibiotics

b. Anti-nausea  
drugs

c. Diabetes  
treatments

d. Vitamin C

**Breastfeeding  
is not just for  
newborns**



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THE  
**SCARIEST COSTUME**  
IS THE ONE DRIVERS  
CAN'T SEE

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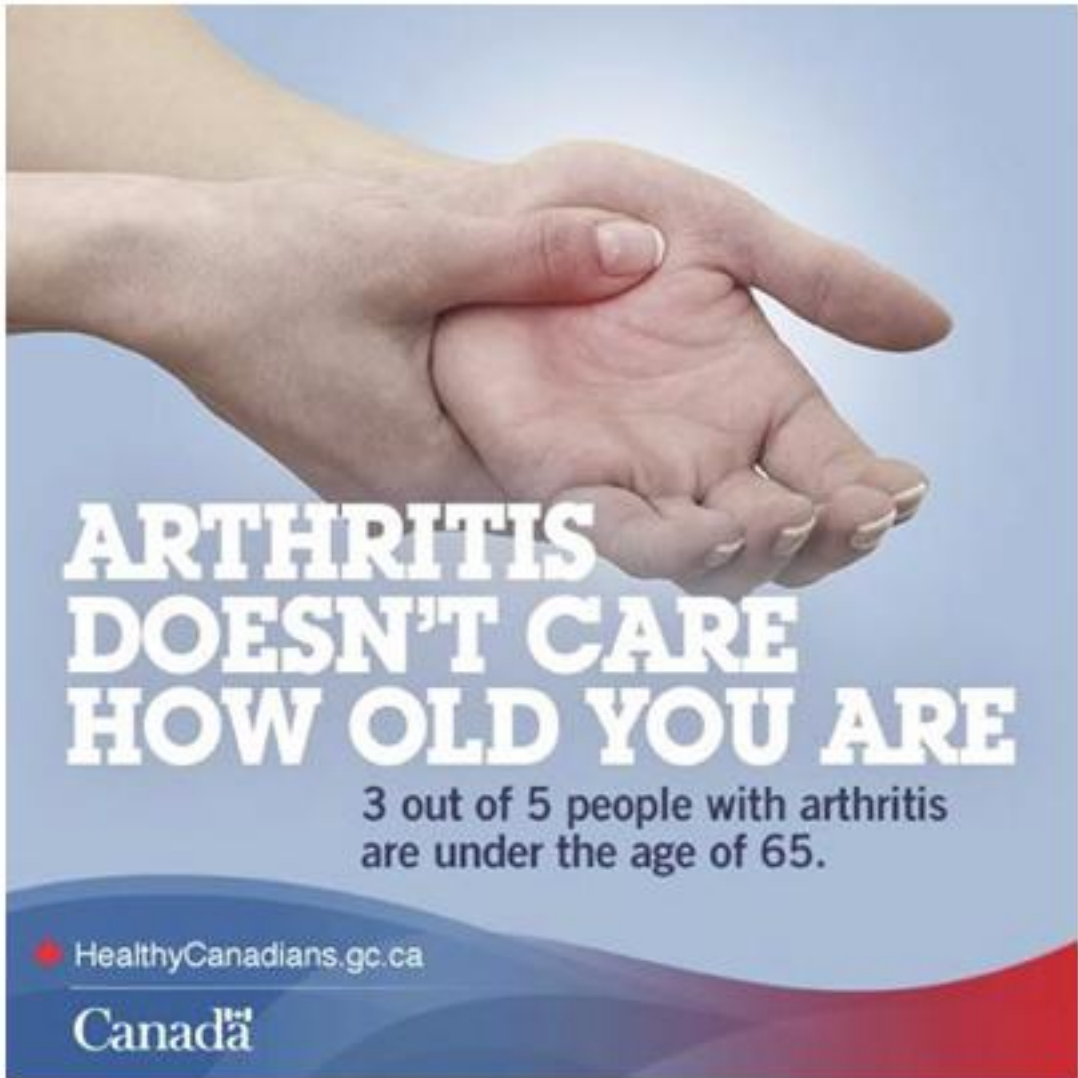
YOU DO THE  
**CUTS**

THEY DO THE  
**GUTS**



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# ARTHRITIS DOESN'T CARE HOW OLD YOU ARE

3 out of 5 people with arthritis  
are under the age of 65.

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