

HOWE SOUND PHARMACY – DISPENSING SOUND ADVICE SINCE 1979

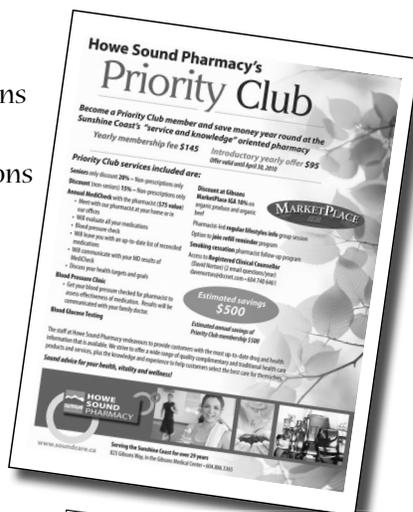
## Priority Club launched

Howe Sound Pharmacy is proud to announce a new service, the Priority Club. Become a Priority Club member and save money year round at the Sunshine Coast's "service and knowledge" oriented pharmacy. In partnership with Marketplace IGA in Gibsons your Priority Club membership will also save you money on your grocery bill.

With a yearly membership fee of \$145 (estimated annual savings of Priority Club membership is \$500), we are offering an introductory yearly membership of only \$95! (Offer valid until April 30, 2010.)

### Priority Club services included are:

- Seniors only discount 20% – Non-prescriptions only
- Discount (non-seniors) 15% – Non-prescriptions only
- Annual MediCheck with the pharmacist (\$75 value)
  - Meet with our pharmacist at your home or in our offices
  - Will evaluate all your medications
  - Blood pressure check
  - Will leave you with an up-to-date list of reconciled medications
  - Will communicate with your MD results of MediCheck
  - Discuss your health targets and goals
- Blood Pressure Clinic
  - Get your blood pressure checked for pharmacist to assess effectiveness of medication. Results will be communicated with your family doctor.
- Blood Glucose Testing
- Discount at Gibsons MarketPlace IGA 10% on organic produce and organic beef
- Pharmacist-led regular lifestyles info group session
- Option to join refill reminder program
- Smoking cessation pharmacist follow-up program
- Access to Registered Clinical Counsellor (David Norton) (2 email questions/year) davenorton@ccnet.com • 604 740 6461



## Improving your health through physical activity is easier than you think.

You will gain significant health benefits just by adding physical activity to your daily routine. Your benefits will increase as you add more activities to your day. Even a little bit of physical movement can make an improvement in your health. Visit <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/intro-eng.php>

### Private Consultations – make your appointment today

Private consultations take place in our confidential off-site counselling office by appointment. Howe Sound's licensed professional pharmacists can review your traditional and alternative medicines, herbal, nutritional supplements and homeopathic treatments.

### HOURS

**Monday to Friday**

9AM – 5:30PM

**Saturday** 9AM – 12:00PM

Serving the Sunshine Coast since 1979

**Conveniently located at**

825 Gibsons Way, next to the Gibsons Medical Clinic  
604-886-3365 • 1-888-886-3365

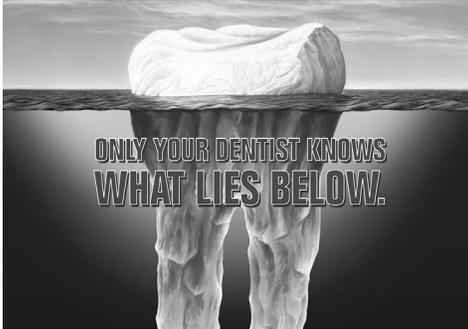


Don't miss out on this great opportunity to save money and take advantage of Howe Sound Pharmacy's full range of health care services.

## Health Date

April is the Canadian Dental Association's oral health month.

[http://www.cda-adc.ca/en/cda/news\\_events/health\\_month/index.asp](http://www.cda-adc.ca/en/cda/news_events/health_month/index.asp)



## 5 Steps to Good Dental Health

Did you know that a healthy mouth helps you have a healthy body?

1. See your dentist regularly - not only do they clean your teeth, they also check for potential problems, including cancer.
2. Keep it clean - Mom was right, brush - and floss - your teeth!
3. Eat and drink healthy foods.
4. Notice a change in your mouth health? Get it checked soon.
5. Tobacco products of all types harm your mouth and teeth.

## It's Not Too Early For Sunscreen

Spring's sunny days are sure get everybody outside, but before you head out for a breath of fresh air, remember your sunscreen. Even if the air is chilly and you're covered up, the sun can still harm your skin. Remember that young children especially need to be protected from the sun's harmful rays. Teach them to "slip, slap, and slop" -- the popular sun protection slogan from Australia is a simple way to get in the habit of lifelong sun safety.

## Healthy Eating – Make-ahead casserole

Here's an easy make-ahead casserole for breakfast, brunch, lunch or dinner. It's a good recipe if you have young cooks helping in the kitchen.

### Easy Strata

**20 slices sandwich bread**

**1 lb. cheddar cheese**

**8 eggs**

**5 cups whole milk**

**1 Tbsp Dijon mustard**

Line a 9 x 13 inch pan with parchment paper. It doesn't have to be perfect. Set aside.

Trim the crusts off 20 slices of sandwich bread. Set trimmed bread aside.

Thinly slice one pound of cheddar cheese.

Alternately layer the bread and cheese in the pan, on an angle like a row of dominoes that have just fallen over.

Crack eight (8) farm eggs in to a large mixing bowl. Add 5 cups of whole milk and 1 tablespoon Dijon mustard. Mix together well.

Slowly pour the egg-milk mixture over the pan of bread. The bread might float up a bit so push it back gently.

Cover the casserole with plastic wrap and put it in the fridge for 2 to 8 hours.

Preheat oven to 325°F. Remove plastic wrap and bake the strata for 60 minutes. It should be almost firm and a sharp knife poked in to the middle of the dish should come out clean.

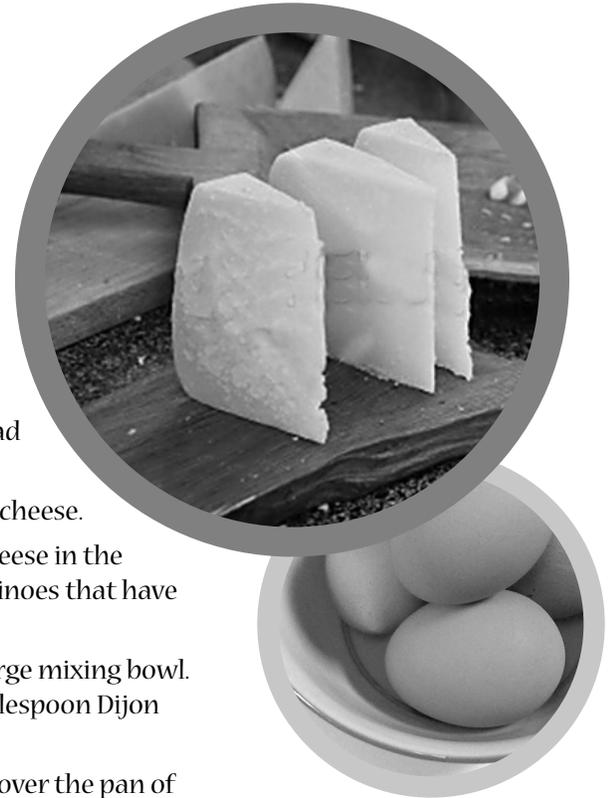
Garnish with thinly sliced fresh chives or green onion.

Serves 8 - 10.

### Options:

Save the leftovers as they reheat well in a medium-power microwave.

You can add thin slices of deli ham in between the bread-cheese layers. Add some well-drained cooked asparagus spears or thin slices of tomato to the layers.



**Did you know?** You don't even need to leave home to have your prescriptions refilled\*. **Call us with your order, and we'll deliver right to your door, for free!** 604-886-3365

\*Delivery available Monday to Friday, Port Mellon to Redrooffs. Certain prescription refills may require a doctor visit. Please call us for further details.

Visit our website for more helpful info [www.soundcare.ca](http://www.soundcare.ca)