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YOUNG'S PHARMACY & HOMECARE AND MEDICAL CENTRE PHARMACY

present their Healthcare Clinic on:

Menopause and Hormone Replacement Therapy -The Issues-

**Thursday, January 9, 1997
John Elliot Theatre**

This is the fifth in a series of free health care clinics presented by
Young's Pharmacy & Homecare and
Medical Centre Pharmacy pharmacists.

This lecture will be conducted by
Paulette Thibault M.Sc.Ph.M.

- Evening format: - Program 7:30 - 9:30 PM
- Lecture information session
- Refreshments
- Question and answer period

Call 877-2711 for information and registration.

Please register early to confirm your seat.

Next Clinics: Cholesterol - February 6, 1997
Angina - March 1997
Hypertension (high blood pressure) April 1997

R-CENTRAL®

Lifestyle tips, information for more active living

Did you know that...

- Inactive people are twice at risk as active people of developing coronary heart disease? The risk starts decreasing when physical activity of even a low to moderate level is performed regularly.

- The risk of cardiovascular disease is up to three times greater for people with diabetes? Physical activity helps to reduce this risk.

- Physical activity reduces the risk of colon cancer and possibly the risk of breast cancer and lung cancer?

- Physical activity reduces the risk of back problems? The risk is higher among those performing heavy physical work and those in sedentary jobs. Trunk flexion and pelvic tilt exercises reduce the recurrence of acute lower back problems.

- Physical activity reduces the risk of osteoporosis? Active people have greater bone mass than inactive people. Regular weight-bearing exercise - where the weight is shifted

from one leg to the other, as in walking - is essential for bone health.

- Physical activity is accompanied by a reduced risk of obesity? Physical activity needs to be a lifelong habit - one of regular, low-to-moderate-intensity activity, with prolonged duration and continued over a period of years.

- Inactive people report more reductions in daily activities as a result of acute health problems?

- Those who are inactive during their leisure time are more likely to report days lost from work?

- People with low fitness levels may take up twice as many days off work as their very fit counterparts?

- Physical activity is accompanied by reduced anxiety and stress?

- Physical activity helps to reduce mild-to-moderate depression?

- Active people enjoy increased psychological well-being?

- Active people tend to be more satisfied with their physical shape, appearance and weight?

- For older adults, regular physical activity that includes interaction with others is more likely to increase life satisfaction?

- All it takes to achieve most of these health benefits is an accumulation of 30 minutes of moderate activity every day?



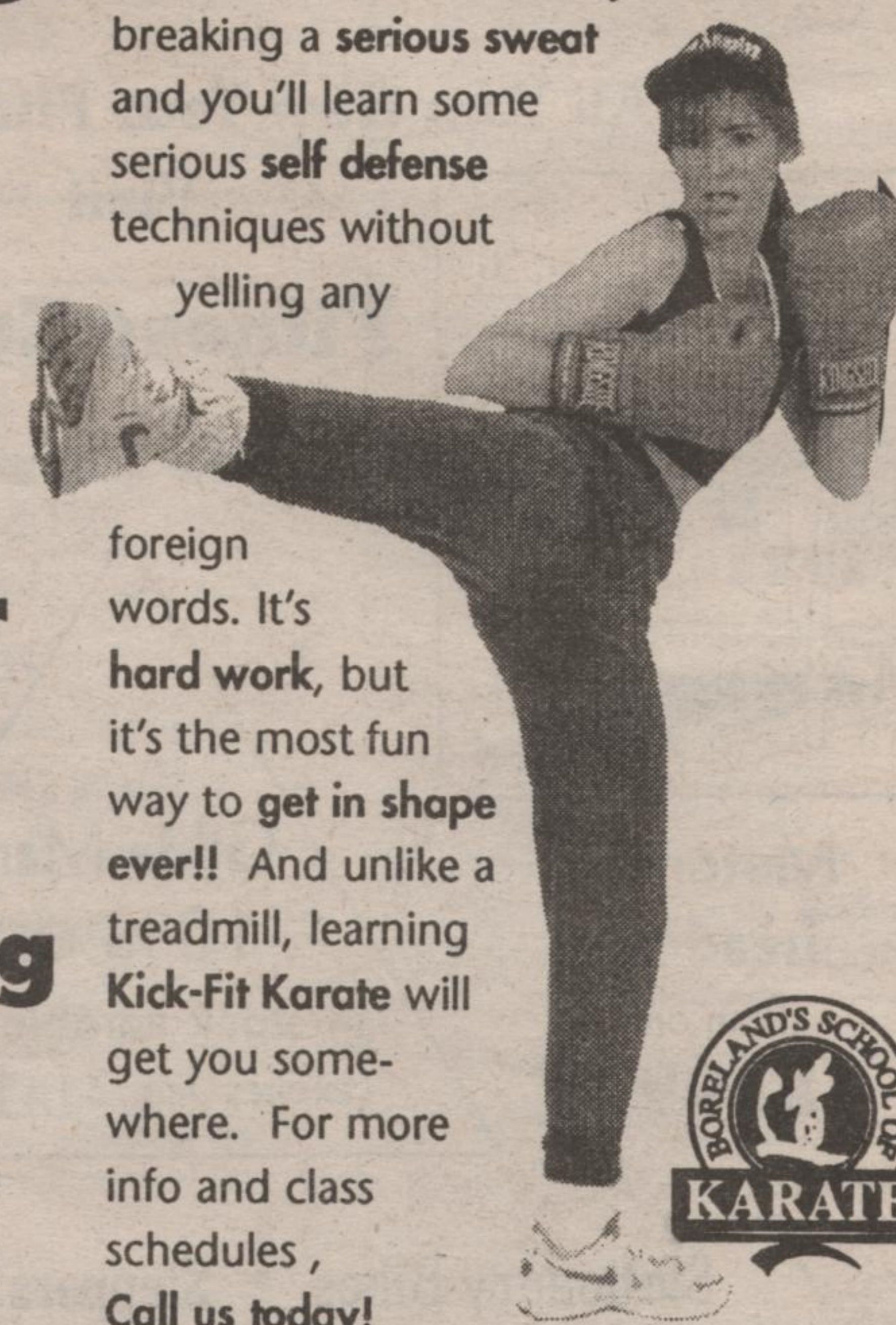
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