

# CANADIAN health & lifestyle

WINTER 2011/12 • \$2.95

**3 for tea**  
fighters, enhancers,  
managers  
PAGE 34

**Lisa Oz**  
Transforming  
relationships  
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**SHAPE YOUR FUTURE**

- NAVY SEAL FIT
- QUITTING FOR GOOD
- COLDS, FLUS, FEVERS...OH MY!
- THE BEST GUEST EVER!

**15+ 2012 BEAUTY TRENDS**  
PAGE 18



**Arlene Dickinson**  
Persuasion outside  
the Dragon's Den  
PAGE 40

## HEALTH

looked step is to apply information gathering and or's visit. Research shows t 7 minutes to spend with they see every day. time is spent wisely

Canadians are without a means a walk-in clinic ay be the place of . You may be seeing hing, about you, or lete medical record. rds is particularly situation.

ually respectful nt can work an ever, we health care ing the

and determining which for us. Many of us stay on top of do more research than ever before into symptoms and/or conditions, thanks to the plethora of information available from reliable internet sites.

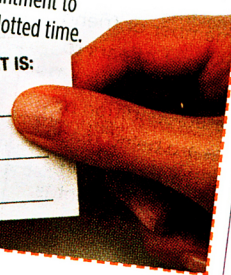
Preparation puts you squarely where you deserve to be: at the centre of your health care as a true partner with your physician.

### IMPORTANT LAST STEP

Before you leave, confirm next steps with the physician + book a subsequent appointment to deal with items not covered in the allotted time.

YOUR NEXT APPOINTMENT IS:

Day: Thursday  
Date: January 26, 2012  
Time: 10:30 am



# 411 vaccines



Are you looking for where to go to get vaccinated?

Canada's online source for vaccine clinic locations and immunization information.



vaccines411.ca