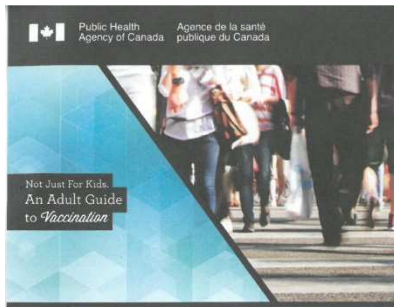




Providing MOHR Value Since 1960



80% of adults think their vaccinations are up to date, but only

6% actually are.



Visit Canada.ca/vaccines for more information and download the **CANimmunize** app to keep track of your vaccinations.

PHAC-FED-GST/07/17-01 | Pub. 170016

Canada

At GOLDIE MOHR LTD, we care about your health.

Here are 3 areas you can research, learn and provide guidance for your future.

- A) Download this app to verify your immunizations
- B) Read about and participate with the New Civic Campus of the Ottawa Hospital
- C) Let's Talk – by Bell. Help your friends, your family and yourself. Talk about feelings. Mental Health is very important.

HIGHLIGHT



New campus information session: January 31

On January 31 from 7 to 9 p.m. at the Lansdowne Park Horticulture Building, The Ottawa Hospital will host a public information session to present an update on hospital services planned for the new campus and the background journey to an architectural design concept. To read a summary of feedback and ideas shared to date, including common themes and highlights, visit <http://www.ottawahospital.on.ca>

**YOU SEE RUDNESS
THEY FEEL ANXIETY**

**YOU SEE LAZINESS
THEY FEEL DEPRESSION**

**YOU SEE ATTENTION SEEKING
THEY FEEL SUICIDAL**

**LETS LEAVE JUDGEMENT BEHIND IN 2017
& REPLACE IT WITH COMPASSION IN 2018**

LIKE & SHARE TO STOP THE SIGMA IN 2018