

Health Region News...



Heartland Primary Health Care
Heartland's Winning Combination



Heartland Health Region Board Meeting

The next Board meeting will be held Wednesday, February 9th, 2011 in Elrose. Board packages can be obtained from the Regional Corporate Office within one week of the meeting. Please call the office to arrange for printing and pick up. Contact Caron Keens at 306-882-4111 ext 236 or by e-mail caron.keens@hrha.sk.ca

Heart Disease

The oxygen and nutrients in blood gives your heart energy. To work properly, your heart relies on this constant supply of blood. Heart disease will result if this does not happen. Heart disease is preventable and manageable. Know the risks and take action to prevent it from happening to you. Eat a healthy diet and be physically active. Maintain a healthy weight. Know and control your blood pressure. Live smoke-free. Take measures to reduce stress and visit your doctor regularly.

HealthLine
1-877-800-0002
www.healthlineonline.ca

For toll-free health information
24 hours a day.
Please call 1-888-425-4444(TTY)
if you have hearing or speech
difficulties



Smokers Helpline 1-877-513-5333 or www.smokefree.ca

Questions about Medication? Call 1-800-665-DRUG
(3784). Ask questions online www.usask.ca/druginfo

Mental Health & Addictions Centralized Intake Line 1-866-269-9139
Monday to Friday 8:00 am—4:30 pm

Heartland Health Region

www.hrha.sk.ca