


Some mistakes are too much fun to make only



A giraffe can clean its ears with its 21 inch tongue.

Don't

Arthritis: While we are unable to change some of the factors that make one susceptible to arthritis, such as age, sex and heredity, it is possible to reduce the likelihood of developing this disease by adopting a healthy lifestyle that includes exercise (such as walking, cycling and swimming) to

A fresh egg, in its shell, will sink in water while an  egg will float.

A fifth grader announced at breakfast that, 'Today we are having a test on the moon.' And her little brother piped up "Are you gonna let her go, Mom?"

procrastinate, read this NOW!

- ✓ Eight steps to reduce procrastination:
- ✓ Make a list of everything you have to do.
- ✓ Write an intention statement.
- ✓ Set realistic goals.
- ✓ Break it down.

- ✓ Make your task meaningful.
- ✓ Promise yourself a reward.
- ✓ Eliminate tasks you never plan to do.
- ✓ Estimate the time it will take to complete a task and double it.

What is type 2 diabetes?









Your body gets energy by making glucose from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin. Insulin is a hormone that helps your body control the level of glucose (sugar) in your blood. Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. If you have type 2 diabetes, glucose builds up in your blood instead of being used for energy.

The good news

You can live a long and healthy life by keeping your blood glucose levels (the amount of sugar in your blood) in the target range set by your doctor.

The South Eastman Diabetes & Healthy Living team will be visiting **Lorette on March 22, 2007** in the afternoon. The team consists of a registered nurse and a registered dietitian. They will provide education to those people living with diabetes or who are at risk for diabetes. Services are free of charge but an appointment is required. For more information please contact Sharon Flaten at (204) 346 6255.

Over 50 or More!

-  Your supply of brain cells is finally down to manageable size.
-  Your secrets are safe with your friends because they can't remember them either.
-  Your joints are more accurate meteorologists than Environment Canada.
-  People call at 9:00 p.m. and ask, "Did I wake you?"
-  There is nothing left to learn the hard way.
-  You no longer think of speed limits as a challenge.
-  Things you buy now won't wear out.
-  You can live without sex but not without glasses.