

THE OTTAWA VALLEY'S HEALTH MAGAZINE

FREE!

HealthMatters

SPRING/SUMMER 2017

A Hero Among Us:
Monique Yashinskie's
mental health mission

Finding Faith:
Rev. Susan Clifford
makes the case
for faith

Canadian
Health Facts

Feature Section:
Mental Health
and Spirituality

Health
Advice
From
Local
Experts

The Healthy Crossword

