

THE OTTAWA VALLEY'S HEALTH MAGAZINE

FREE!

HealthMatters

FALL 2017

**Eating With A
Happy Heart:**
Advice from the authors
of Looneyspoons

Local
Experts

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FOOD!

Church Suppers
Around The County!

Saving Silas:
Meet a little boy who was
born with the will to live

Canadian
Health
Facts

**Kids
Lunch
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The Food
Crossword