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HealthMatters
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A Letter From Audrey

Reader's handwritten letter says it best about the Health Matters vision as we complete our fifth year

After our last issue, I received a handwritten letter in the mail from a woman named Audrey. It was so compelling that I realized I could not do a better job than she did for the Publisher's section in this issue. So here it is, in Audrey's own words:

"I had to write you after reading your Spring/Summer 2017 issue. I read it "cover to cover" and have kept it to refer to for resources. It is your best issue ever!

Please continue to include the feature describing what Canadians have discovered or invented that impacts our world. Kids don't learn this in school and it is so good to read about it. Makes us feel proud to be Canadian.

I also loved the local feature about all health and wellness issues, as well as local area retailers and providers. I didn't know about several of the programs highlighted in this issue. I usually read the current issue at my Rowan's Pharmacy while waiting for my refills. I had to take this issue home to keep. So much info!

There are so many service providers in our

Ottawa Valley, even lifetime residents are unaware of! You do an excellent job of bringing them to light, so more residents can use them to make their lives better. Thank you so much for doing this vital job. It is deeply appreciated.

Keep up the good work and Happy Canada Day! We Canadians have so much to be grateful for."

So Audrey, thanks so much for taking the time to write us. You have captured exactly what our vision is with Health Matters - to make people aware of resources right here in our own backyard that they can use to live healthfully.

We will do our best to keep the Canadian health facts as part of our issues beyond the Canada 150 year and thank you for recognizing our local healthcare professionals who make this magazine possible.

Wishing for a long, warm fall!

Jennifer Layman, Publisher

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Janet Podleski



Silas Reinwald