

THE OTTAWA VALLEY'S HEALTH MAGAZINE

FREE!

Health Matters

WINTER 2018

Stories From The Invictus Games:

The inspiring lives
of Brenda McPeak,
Dan Graham and
Mike Trauner

Inside: DNA,
palliative care,
eating healthy
and more!

**Smudging,
Self-Care,
Insurance and
“Whey” more!**

**Training For
10 Minutes
Heather Kilius
is a double world
silver medalist**

**Try Our
Curling
Quiz!**

**Health
Facts**

The Crossword

