

**Winterific
Vibes.
Healthy
new
habits.
Cool
prizes.**



**Chance to
win \$1,000
in grocery
gift cards!**

Getting healthy can be fun especially when prizes are involved. Throughout the winter we'll cheer you on to try new activities like outdoor adventure, fitness fun or good-for-you eats. Make this your most Toban-tastic season yet.



Enter for a chance to win at
GettingHealthy.ca/Wintertoba
Contest closes January 31, 2026



**Doctors
Manitoba**

**GETTING
HEALTHY.CA**