

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**