



WALK/RUN
TO A
Smoke-Free Life

**YOU CAN
DO IT
WE CAN HELP!**

Participants are **7X** more likely to quit smoking than those trying on their own.



2 WAYS TO JOIN

1 IN-STORE/VIRTUAL
10 WEEK COACH-LED TRAINING PROGRAMS

2 DIY
TRAIN ON YOUR OWN

runtoquit.com



For full contest rules visit www.runtoquit.com

Walk or Run to a Smoke-Free Life!

Run to Quit is an innovative quit smoking program that pairs the quitting expertise of the Canadian Cancer Society with Running Room Canada's learn to walk or run 5km clinics taking place in Saskatchewan and across Canada.

Why join Run to Quit?

- Participants are 7X more likely to quit smoking than people trying to quit on their own.
- Exercise can help you cope with discomfort and cravings while quitting smoking.
- Training program leaders help participants stay committed through motivational support and personalized guidance.
- PRIZES! \$45,000 worth of prizes to be won, including a \$25,000 grand prize- a new 2017 Honda Civic LX Coupe!

Run to Quit offers two ways to join!

In-Store/Virtual 10-week Training Programs or Do-It-Yourself

Who should Run to Quit?

If you're 18 years or older, and a current smoker or tobacco user interested in quitting join Run to Quit. It works for people of all fitness levels, and non-smokers can also sign up to provide support for someone they know.

Run to Quit sessions are available now!

Register by **May 5th** to be eligible for contest prizes (open to current smokers/tobacco users). For full details and to register today visit:

runtoquit.com

Run to Quit is a partnership program of the Canadian Cancer Society and Running Room Canada with partial funding from Public Health Agency of Canada.



FISH & CHEDDAR TACOS

PREP. TIME 20 mins
COOKING TIME 25 mins
YIELDS 4 to 6 Servings

INGREDIENTS

- 2 tsp (10 mL) **butter**, melted
- ½ tsp (2 mL) chili powder
- Salt and freshly ground pepper
- 1 lb (450 g) white fish fillets (halibut, cod, haddock, etc.)
- 1 onion, cut into rings
- 1 red pepper, quartered
- 1 yellow pepper, quartered
- 1 jalapeno pepper, seeded and chopped
- 2 tbsp (30 mL) lemon juice
- ¼ cup (60 mL) cilantro, coarsely chopped
- 12 small tortillas or taco shells
- 1 ½ cups (375 mL) lettuce, chopped
- 2 cups (500 mL) **Canadian Old Cheddar**, grated
- Sour cream (optional)

PREPARATION

In a bowl, mix butter and chili powder together. Season with pepper. Brush fish with some spicy butter. Add onion and peppers to butter and mix to coat.

Preheat grill to medium-high heat or oven to 450°F (230°C).

Transfer onion and peppers to the grill or a baking sheet. Cook, lid closed if grilling, for 15 minutes, turning a few times. Add fish and cook for 5–10 more min depending on thickness of fillets. The vegetables should be browned and tender. Remove from heat.

Finely chop vegetables and mix with jalapeno pepper, lemon juice and cilantro to make a veggie salsa. Season with salt and pepper.

Briefly heat tortillas on the grill or in the oven.

Fill tortillas with lettuce, fish, veggie salsa and cheese. Serve with sour cream, if desired.

TIPS

- Grill more fragile types of fish on a buttered sheet of aluminum foil.
- Cheese alternative: Canadian Mild or Medium Cheddar, Monterey Jack.

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St. John Ambulance
SAVING LIVES
at work, home and play



The difference between thinking and knowing how to save a life

No one ever plans to rescue another person. It happens without advance notice. Do you know how to actually save a life? It only takes a few seconds to make a real difference. Are you ready?

For more than 125 years, St. John Ambulance (SJA) has been training Canadians to provide medical assistance to others at work, in the home, and around the community. In 2016, SJA received the Canadian Occupational Safety Magazine Readers' Choice Award for First Aid Training Provider.

This year, make it a priority to get your first aid certification. It's only a 16-hour course. The certification is good for three years, and it looks great on a résumé. If you already have your certification check the card. If it's due, a one-day recertification course is now available to keep those life-saving skills sharp.

Saving a life may look easy on television. Anyone can do it, right? Think again. Going through a certified SJA first aid course can make the difference between life and death.

Safety is an important issue for everyone, and SJA has trained millions of people across Canada to make sure there is always someone around that is first aid certified and knows how to properly help save a life.

On a national average, only about 25 per cent of people know first aid. That means only one in four people actually know what to do in those precious seconds when someone's life is in danger.

Be one of those people.

For more information on how to become first aid certified and for course dates visit sja.ca.




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