

WINNIPEG'S HEALTH AND WELLNESS MAGAZINE JAN/FEB 2013

# wave

## HEALTHY APPS

Smartphone applications that can help keep you fit

## DEADLY GAME

Smokeless tobacco use among junior hockey players raises concerns

## PLUS

Caring for the caregiver

Where to go when you are sick

Watch out for whooping cough

The facts about protein supplements

Regular exercise may add years to your life

Snow sports injuries and how to avoid them

# THE FACTS ABOUT FLAX

New research shows the humble flax seed may cut the incidence of cardiovascular disease by up to 50 per cent



Winnipeg Regional  
Health Authority  
Caring for Health

Office régional de la  
santé de Winnipeg  
À l'écoute de notre santé

Winnipeg Free Press



UNIVERSITY  
OF MANITOBA

# WRHA's WAVE magazine features flax study

The Winnipeg Regional Health Authority's WAVE magazine (Jan/Feb '13 issue) prominently features the flax research of [Dr. Grant Pierce](#), whose study results on the effects of a flax-rich diet were presented at the American Heart Association's scientific sessions in Los Angeles in November, 2012.

Wave is Winnipeg's health and wellness magazine. It is published six times a year by the Winnipeg Health Region in cooperation with the Winnipeg Free Press.

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