

*Take a load off  
your mind,  
Get the checkup.*

It's a simple on-line test,  
and it can be the best thing you  
do all day. Just a few questions can  
help tell you whether your moody  
moments are okay, or if a doctor  
should know about them. Go to:  
[checkupfromtheneckup.ca](http://checkupfromtheneckup.ca)



MDAO - Check Up from the Neck Up  
Colour Bookmark - Front  
Final trim size: 2" wide x 6.5" high  
2 Colour, Pantone 241C (purple) and 376C (green)

April 17, 2007