

HealthLink BC Promotional Materials

HealthLink BC resources are available free of charge to British Columbia residents and organizations to distribute in their community.

HealthLink BC Brochures

Item Description	Language	Item ID
HealthLinkBC Brochure	English	7550003438
HealthLinkBC Brochure	French	7550003924
HealthLinkBC Brochure	Japanese	7550003444
HealthLinkBC Brochure	Chinese	7550003443
HealthLinkBC Brochure	Punjabi	7550003439
Website Brochure	English	7550003615
Website Brochure	Chinese	7550003614
Website Brochure	Punjabi	7550003604

HealthLink BC Buttons/Magnets

Item Description	Language	Item ID
Large Button	English	7550003442
Magnet	English	7550003445
Sticker	English	7550003466

HealthLink BC Posters

Item Description	Language	Item ID	Size
Small Poster	English	7550003435	8½" x 11"
Vertical Poster (Nurse)	English	7550003433	11" x 17"
Vertical Poster (Pharmacist)	English	7550003434	11" x 17"
Vertical Poster (Dietitian)	English	7550003457	11" x 17"
Vertical Poster (Nurse)	Chinese	7550003464	11" x 17"
Vertical Poster (Pharmacist)	Chinese	7550003465	11" x 17"
Vertical Poster (Dietitian)	Chinese	7550003463	11" x 17"
Vertical Poster (Nurse)	Punjabi	7550003437	11" x 17"
Vertical Poster (Pharmacist)	Punjabi	7550003462	11" x 17"
Vertical Poster (Dietitian)	Punjabi	7550003461	11" x 17"
Horizontal Poster (Nurse)	English	7550003458	11" x 17"
Horizontal Poster (Pharmacist)	English	7550003460	11" x 17"
Horizontal Poster (Dietitian)	English	7550003459	11" x 17"
Large Poster		7550003436	36" x 24"

BC HealthGuide Handbooks

Item Description	Item ID
French: Le Guide-sante - Colombie-Britannique	7550000087

At this time, we have only the French version of the BC HealthGuide Handbook available. Please indicate how many individual BC HealthGuide Handbooks in French you would like in the quantity field. If you are interested in ordering a full box, please indicate 9 when ordering.

Healthy Eating for Seniors

Item Description	Language	Item ID
Healthy Eating For Seniors <i>Bulk Orders: Boxes contain 26 books. To order by the box, please enter multiples of 26.</i>	English	7550003060
Alimentation Et Sante Des Aines <i>Bulk Orders: Boxes contain 23 books. To order by the box, please enter multiples of 23.</i>	French	7550004401
Healthy Eating for Seniors <i>Bulk Orders: Boxes contain 28 books. To order by the box, please enter multiples of 28.</i>	Chinese	7550003193
Healthy Eating for Seniors <i>Bulk Orders: Boxes contain 22 books. To order by the box, please enter multiples of 22.</i>	Punjabi	7550003194
Healthy Eating for Seniors, Community Presentations - Facilitators' Guide <i>The Facilitators' Guide is a tool for community groups and organizations that work with seniors. The guide helps facilitators share the content of three community-focused presentations in an engaging and interactive way. The presentations and the Facilitators' Guide are available in English.</i>	English	7550007153

At this time, the English, Chinese and Punjabi versions of Healthy Eating for Seniors are not available in print. Please visit the [Healthy Eating for Seniors Handbook](#) page for the online, video and audio book versions.

Healthy Eating Promotional Materials

Sodium Reduction

Item Description	Item ID	Type	Size
Do You Have Sodium Sense	7550004757	Banner	7½" x 37"
Eating Too Much Sodium Can Be Harmful To Our Health	7550004783	Poster	8½" x 14"
Eating Too Much Sodium Can Be Harmful To Our Health	7550004775	Poster	11" x 17"
Eating Too Much Sodium Can Be Harmful To Our Health	7550004758	Poster	24" x 36"
Most Of The Foods We Eat Contain Too Much Sodium	7550004784	Poster	8½" x 14"
Most Of The Foods We Eat Contain Too Much Sodium	7550004776	Poster	11" x 17"
Sodium Is Found In Salt	7550004785	Poster	8½" x 14"
Sodium Is Found In Salt	7550004777	Poster	11" x 17"
Sodium Is Found In Salt	7550004760	Poster	24" x 36"
We Eat Too Much Sodium	7550004786	Poster	8½" x 14"
We Eat Too Much Sodium	7550004778	Poster	11" x 17"

Sugary Drink Reduction

Item Description	Item ID	Type	Size
Do You Have Sugar Sense?	7550004762	Banner	7½" x 37"
It Is Better To Eat Calories Than To Drink Them	7550004787	Poster	8½" x 14"
It Is Better To Eat Calories Than To Drink Them	7550004779	Poster	11" x 17"
Nutrition Labels Can Help Us Make Healthy Drink Choices	7550004780	Poster	11" x 17"
Sugary Drinks Add Calories We Don't Need	7550004789	Poster	8½" x 14"
Sugary Drinks Add Calories We Don't Need	7550004781	Poster	11" x 17"
Sugary Drinks Add Calories We Don't Need	7550004765	Poster	24" x 36"
Water Is The Best Choice To Satisfy Thirst	7550004790	Poster	8½" x 14"
Water Is The Best Choice To Satisfy Thirst	7550004782	Poster	11" x 17"
Water Is The Best Choice To Satisfy Thirst	7550004766	Poster	24" x 36"

Move for Life DVD

Item Description	Language	Item ID
Move for Life DVD <i>Maximum Order: No more than 5 copies may be ordered in a single shipment.</i>	English	7550003878

Move for Life is a DVD featuring seniors of all ages and abilities demonstrating physical activities. It includes activities for viewers with limited mobility so they can stretch and move safely. It encourages older adults to add more physical activities to their daily routine in a fun and inspiring way while explaining the benefits of doing so.

The DVD is only available to residents of B.C. If you are not a B.C. resident and would like to purchase a copy, please visit [Crown Publications, Queen's Printer for British Columbia](#).