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Healthwise Ottawa magazine can be picked up at the following locations in Ottawa, while quantities last:

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| Bastien-Prizant Optometrists
447 Cumberland St. | New Balance Ottawa
1371 Woodroffe Ave. |
| Book Bazaar
417 Bank St. | NutriChem Compounding Pharmacy
1303 Richmond Rd. |
| Books on Beechwood
35 Beechwood Ave. | Ottawa Bagel Shop and Deli
1321 Wellington St. W. |
| Bushtukah
203 Richmond Rd.
5607 Hazeldean Rd. | Pantry Plus
2433 St Joseph Blvd. |
| City of Ottawa Public Libraries | Planet Botanix
301 Bank St. |
| City Hall - Information Desk | <i>PranaShanti</i> Yoga Centre
52 Armstrong St. |
| Dovercourt Recreation Centre
411 Dovercourt Ave. | Produce Depot
1855 Carling Ave.
2446 Bank St. |
| Foster's Sports Center
305 Bank St. | Rainbow Foods
1487 Richmond Rd.
250 Greenbank Rd. |
| Fresh Air Experience
1291 Wellington St. W. | Rama Lotus Yoga Centre
342 Gladstone Ave. |
| Herb and Spice Wellness Shop
380 Bank St. | Red Pepper Thai Restaurant
434 Bank St. |
| Herb and Spice
1310 Wellington St. W. | Sconewitch
150 Elgin St. and 35 Beechwood Ave. |
| Image Essentials Spa
436 MacLaren St. | Singing Pebble Books
202A Main St. |
| Kettleman's Bagel
2177 Carling Ave. | Sports 4
149 Bank St. |
| Killens Reid Physiotherapy
130 Albert St., Suite 610 | Strawberry Blonde Bakery
114B Grange Ave. |
| Kunstadt Sports
680 Bank St.
1583 Bank St.
462 Hazeldean Rd. | The Joy of Gluten Free
250 Greenbank Rd.
617 Bank St. |
| La Tropiqua
1292 Wellington St. W. | The Pantry Vegetarian Restaurant
175 Third Ave. |
| Metro (most locations: April 16th drop-off) | The Red Apron
564 Gladstone Ave. |
| Mother Earth Natural Health
747 Richmond Rd. | The Wild Oat
817 Bank St. |
| Motion Matters Physiotherapy
170 Laurier Ave. W. | Watson's Pharmacy & Compounding Centre
192 Main St.
1308 Wellington St. |
| Natural Food Pantry
2277 Riverside Dr.,
5537 Hazeldean Rd.
203 Richmond Rd. | Your Independant Grocers
(most locations: April 16th drop-off) |
| Nature's Buzz
55 Beechwood Ave. | |

...and at many other stores, fitness facilities and businesses throughout Ottawa