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Allergies and the Great Outdoors

Don't let allergies keep you from getting outside and enjoying the great outdoors! Learn how to control your allergies so that you can enjoy an active life.

Locate the *Allergies and the Great Outdoors* article on *Health Connected's Health Library** today to get some practical advice so you can breathe easy.

*Access the Health Connected site on your [My Canada Life at Work](#) profile today.