

To Your Health

Helping You & Your Family...
With All Your Health Needs







Brenda Patzlaff, RD, LN

Sponsored by **HyVee** **HealthMarket** **Avera**
Sacred Heart Hospital

Healthy Eating FOR Life



2100 Broadway, Yankton • 665-3412
Pharmacy 665-6261 • Floral Dept. 665-0662

WELLNESS EVENTS AUGUST 2010

Coconut Water — Nature's Sports Drink
Wednesday, August 4th - 2 p.m.-5 p.m. (HealthMarket)
Did you know that the human body is about 70% water? During hot weather, it's more important than ever to replace this fluid when we sweat. Coconut water, known as nature's beverage for thousands of years, is the clear liquid inside young coconuts. Fans of coconut water praise it for being relatively low-calorie and packed with nutrition. It is naturally loaded with key electrolytes, and at just 60 calories, a single serving of coconut water also provides as much potassium as a banana. Stop by the HealthMarket for a sample of this natural sports drink!

Eating to Lower Blood Pressure Store Tour - FREE
Saturday, August 7th - 11 a.m. and 2 p.m. (Meet at customer service)
Are you struggling to follow your doctor's advice to eat a low sodium diet? Join Brenda for a store tour to help you learn what foods you should avoid and what foods are low in sodium. Learn how to decipher food labeling claims and what to look for on nutrition facts labels. Sign up for this event at customer service or by calling 665-3412.

Dietician Pick of the Month - Earthgrains Thin Buns
Tuesday, August 10th - 2 p.m.-5 p.m.
Have you tried Earthgrains Thin Buns? These delicious buns are an excellent source of whole grain, good source of fiber and are only 100 calories per serving! Join Brenda in aisle 6 for a sample and learn about the importance of a diet rich in whole grains.

Back to School One-Minute Breakfasts
Friday, August 20th - 3 p.m.-6 p.m. (HealthMarket)
It's that time of year again when parents breathe a collective sigh and most children, a collective moan. Average back-to-school mornings in many households are busy, therefore breakfast usually falls short. Join Brenda in the HealthMarket for samples and recipes for one-minute breakfast ideas for back to school.

Kids in the Kitchen Cooking Class - Back to School Snacks - Cost: \$5.00/child
Saturday, August 28th - 2 p.m.-3 p.m. (HyVee Conference Room)
After school is a time to recharge from a busy day at school and a healthy snack can help! Brenda will provide a fun and educational cooking class for 9 to 12-year-olds. During this class the children will prepare healthy snacks and learn about healthy eating and good nutrition. Class size is limited, so sign-up today! Parents are invited to participate. Register for this event at customer service or by calling 665-3412.

Individual Nutritional Consultation — \$30 for 1/2 hour, \$60 per hour
Your Hy-Vee/Avera dietician can help you develop a personal nutritional plan for:
• Heart Health • Weight Management • Diabetic Diet Review
• Gluten-Free and other food allergies/intolerances • Infance and Child Nutrition

Personal Shopping Assistance — FREE
By Appointment
Brenda is available to help you make healthy choices as you do your grocery shopping.



FOCUS ON HEALTH



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BACK TO SCHOOL SALE

Kids Sale

50% off

Frame & Lenses

Must be 17 years or under;
CR39 plastic lenses. No other discounts apply. See store for details.
Offer Expires 8/31/10

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See store for complete details. Offer expires Aug. 31, 2010

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Time for a Back-To-School Checkup?



Eye Exams Available

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Rx Our Pharmacists Have the Answers!



L to R: Angela Potts, tech; Nancy Peitz, tech; Shona Jussel, pharmacist; Kim Kortje, pharmacist; Galen Goeden, pharmacist; Leah Rempfer, pharmacist; Pearl Potts, tech. Not pictured: Laura Gulick, tech, and Luette Obr, tech.

If you're like most people, you want a pharmacist who takes the time to talk to you about your medication. Our pharmacy staff is committed to helping customers feel better by providing friendly, reliable prescription service, and by making sure customers understand important information about their prescriptions.

The next time you need a prescription filled or refilled, call the friendly pharmacists at Hy-Vee, and see what a difference caring service can make!



2100 Broadway
665-8261



Jeffrey Johnson, M.D.



Brandi Pravecek, CNP



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