

To Your Health

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



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

Healthy FOR Life
Eating

HyVee
EMPLOYEE OWNED
2100 Broadway, Yankton - 665-3412
Pharmacy 665-8261 • Front Desk 665-3412

WELLNESS EVENTS
JULY 2010

No Sweat Summer Salads
Friday, July 9th - 2:00 p.m.-5:00 p.m. (Produce)
The hot days of summer leave us wishing for cooler temperatures, especially when it comes to cooking. So why heat up the kitchen when you can prepare delicious meals that completely eliminate the use of an oven or stove? Stop by and see Brenda who will provide "no-sweat summer salad" recipes and get you back to enjoying your summer days relaxing or playing outdoors.

Dietitian Pick of the Month - Quinoa
Wednesday, July 14th - 1:00 p.m.-4:00 p.m. (HealthMarket)
Have you ever tried Quinoa (pronounced keen-wah)? Quinoa is an ancient seed native to Central America and can substitute for rice in any entrée, soup or salad. Quinoa is high in protein, around 12-18%, an unusual occurrence among plant foods. It contains all eight essential amino acids which are needed for building and maintaining muscle in humans. Join Brenda in the HealthMarket where she will sample and share the numerous nutritional benefits of quinoa.

Shop Smart - Get the Facts on The Food Labels/NuVal Store Tour
Saturday, July 17th - 10:00 a.m. - 11:00 a.m.
Become a smart shopper by reading the food labels to find out more about the foods you eat. Learn which foods are good sources of fiber, calcium, iron and which foods are lower in fat, calories and sodium. Brenda will also teach you how to use the NuVal Nutritional Scoring System available at HyVee. Register for this event at customer service or by calling 665-3412.

Shop Smart - Get the Facts on The Food Labels/NuVal Store Tour
Tuesday, July 20th - 1:00 p.m. - 2:00 p.m.
Become a smart shopper by reading the food labels to find out more about the foods you eat. Learn which foods are good sources of fiber, calcium, iron and which foods are lower in fat, calories and sodium. Brenda will also teach you how to use the NuVal Nutritional Scoring System available at HyVee. Register for this event at customer service or by calling 665-3412.

What are Probiotics?
Tuesday, July 27th - 1:00 p.m. - 4:00 p.m. (HealthMarket)
Probiotics are becoming more common in the supermarket and can be beneficial for digestion and immune health. Join Brenda in the HealthMarket as she provides information regarding the best sources of probiotics and how they can be an important part of your diet.

Individual Nutritional Consultation - \$30 for 1/2 hour, \$60 per hour
Your HyVee/Avera dietitian 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




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 7/31/10.

Buy One Get One FREE SALE
Purchase any complete set of eye glasses at Regular price and Get A Second Pair FREE.
See store for complete details. Offer expires July 31, 2010

Optical Expressions
605-665-6181
Across from Body Guard at the Yankton Mall
Medicaid and Most Insurance Plans Welcomed

• SERVING THE COMMUNITY OF YANKTON FOR OVER 85 YEARS •

Continuing the Caring Tradition of a Full Service Pharmacy

- We accept all Medicare D plans & most insurance programs
- Charging, Delivery, & Drive-Up Conveniences
- Give Pharmacists Dan or Michael a call!

Your Local Good Neighbor Pharmacy

Rexall
109 W. 3rd St.
Historic Downtown Yankton
605-665-7865
Mon.-Fri. 8:30am-6pm
Sat. 8:30am-5pm

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Time for a Back-To-School Checkup?

Eye Exams Available

Optical Expressions
665-6181
Across from the Body Guard at the Yankton Mall
Medicaid & Most Insurance Plans Welcomed!

Rx Our Pharmacists Have the Answers!



L to R: Angela Potts, tech; Nancy Potts, tech; Shava Jusak, pharmacist; Kim Korke, pharmacist; Galen Goosen, pharmacist; Leah Rempter, pharmacist; Patsy Potts, tech; Not pictured: Laura Gulick, tech; and Laura DeLoach.

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 HyVee, and see what a difference caring service can make!

HyVee **Pharmacy**
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We have performed over **3200** Ear, Nose and Throat procedures



No one makes a tonsillectomy easier to swallow than Lewis and Clark Specialty Hospital. It's one of our specialized areas of expertise.

We don't try to do everything, but what we do... we do very well, like focusing our attention on your care and recovery success.

We are the regional specialists in ear, nose and throat, ophthalmology, orthopedics, spine, podiatry, urology, and general surgery.

LEWIS & CLARK
Specialty Hospital
What we do, we do well!

2601 Fox Run Parkway * Yankton, SD 57078
605.665.5100 * lewisandclarkspecialty.com

LEWIS & CLARK FAMILY MEDICINE, PC

NOW OPEN

Jeffrey Johnson, M.D. **Brandi Pravecek, CNP**
Dr. Johnson and Brandi Pravecek are now seeing patients in the new clinic.

Call (605) 260-2100 for your appointment • Walk-ins Welcome
1101 Broadway (Hwy. 81), Suite 103 A in Morgen Square • Yankton, SD