

To Your Health

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



WELLNESS EVENTS MAY 2010

Celiac Awareness Month
Wednesday, May 5th - 10:00 a.m. - 5:00 p.m. (HealthMarket)
May is National Celiac Disease Awareness month. Stop by the HealthMarket and learn more about this common disease and try some of the many tasty products available in the HealthMarket for those who have a wheat allergy or intolerance.

Women's Health Week 2010
Tuesday, May 11th - 10:00 a.m. - 5:00 p.m. (HealthMarket)
Join Brenda, your Yankton Hy-Vee dietitian as she promotes Women's Health Week 2010. Brenda will be discussing women's health issues and provide information about simple steps women can take for longer, healthier and happier lives.

Dietitian Produce Pick of the Month
Saturday, May 15th - 9:00 a.m. - 12:00 noon. (Produce Department)
Join Brenda in the Produce Department and sample the produce pick of the month!

Celebrate Mediterranean Month!
Tuesday, May 18th - 10:00 a.m. - 5:00 p.m. (HealthMarket)
There is a growing body of evidence that supports the healthfulness of the Mediterranean Diet. Join Brenda in the HealthMarket as she celebrates Mediterranean Month by sampling Oikos Organic Greek Yogurt. Brenda will also provide information on how you can learn how to incorporate the Mediterranean way of living into your lifestyle!

Dietitian Pick of the Month - LaTortilla Factory Tortillas
Friday, May 21st - 1:00 p.m. - 5:00 p.m. (HealthMarket)
Are you looking for a tortilla that is delicious and low in calories? Stop by the HealthMarket and try a Smart & Delicious™ LaTortilla Factory 100 Calorie Tortilla. LaTortilla Factory's 100 Calorie Tortillas contain 8 grams of fiber, only 1.5 grams of fat, Omega 3-rich flax seeds, added calcium and no Trans fats! They are available in Traditional and 100% Whole Wheat varieties and are a delicious addition to a healthy diet.

NuVal - Shopping By the Numbers™ • Store tours by appointment
Wednesday, May 26th - 10:00 a.m. - 5:00 p.m. (HealthMarket)

NuVal - Shopping By the Numbers™ • Store tours by appointment
Thursday, May 27th - 10:00 a.m. - 5:00 p.m. (HealthMarket)



Buy One Get One FREE Sale

See store for details

EYE EXAMS AVAILABLE

FREE OR 50% Off

SUNGLASSES OR CLEAR GLASSES

Purchase any complete prescription eyeglasses at regular price and get a second pair of prescription clear glasses or sunglasses free. See store for complete details. Offer expires May 31, 2010.

Any in-stock frames with lens purchase. See store for complete details. Offer expires May 31, 2010.

Optical Expressions
605-665-6181
Yankton Mall
Eyemed, Medicare & Medicaid Accepted

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

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

SERVING THE COMMUNITY OF YANKTON FOR OVER 85 YEARS

Optical Expressions
Yankton Mall • 665-6181

We Welcome Most Insurance Plans

Eye Exams Available

Rx Our Pharmacists Have the Answers!

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!

Hy-Vee Pharmacy
2100 Broadway
665-8261

YOUR WILD CHILD: OUR SPECIALTY

"MY HEAD FEELS FUZZY" "I bit it on my board." "LESS TIME IN THE WAITING ROOM. THESE KIDS AREN'T THE ONLY ONES WHO HATE TO WAIT." "MY TUMMY DOESN'T FEEL SO GOOD." "WHEN I WIPED OUT DURING RECESS, I GOT A PORCUPINE IN MY THROAT."

What's so special about Lewis and Clark Specialty Hospital? We specialize in surgical care, offering ear, nose and throat, sports medicine, general surgery and more.

LEWIS & CLARK Specialty Hospital
Discover the Difference.
www.lewisandclarkspecialty.com

LEWIS & CLARK FAMILY MEDICINE, PC

NOW OPEN

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

Jeffrey Johnson, M.D.
Brandi Pravecek, CNP