

To Your Health

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



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

Healthy Eating FOR Life

HyVee EMPLOYEE OWNED

2100 Broadway, Yankton • 665-3412
Pharmacy 665-8261 • Floral Dept. 665-0662

WELLNESS EVENTS NOVEMBER 2010

HyVee Pharmacy Diabetes Screening - FREE
Wednesday, November 3rd - 1:00 p.m. - 4:00 p.m. (HyVee Pharmacy)
November is American Diabetes Month. Stop by HyVee Pharmacy for this free screening provided by your HyVee Pharmacists! Also stop and see Brenda in the HealthMarket for a healthy snack. Brenda will be available to answer any questions you may have regarding nutrition and diabetes.

What is Pre-Diabetes?
Friday, November 5th - 9:00 a.m. - 12:00 noon. & 1:00 p.m. - 4:00 p.m. (HealthMarket)
Have you been told you have pre-diabetes? Join Brenda in the HealthMarket as she provides information regarding pre-diabetes. Learn what you need to do to prevent or delay the onset of Type 2 diabetes by moving more and making healthy food choices.

Dietitian Pick of the Month- Stevia
Tuesday, November 9th - 1:00 p.m. - 5:00 p.m. (HealthMarket)
What is Stevia? Stevia is an herb that grows as a small shrub in parts of Paraguay and Brazil. The leaves of the stevia plant are incredibly sweet and contain Rebiana, which is extracted from the stevia plant and used as a sweetener. Stevia has been used to sweeten beverages and medicines for over 400 years! Stevia is an all natural, no-calorie sweetener that can be used in cooking and baking. Stop by the HealthMarket and learn about the various forms of stevia and take a sample to try at home!

Healthy Eating for Life - Cooking Demonstration
Wednesday, November 10th - 2:00 - 4:00 p.m.
Professional Office Pavilion Amphitheater Avera Sacred Heart Hospital
Food Demos with HyVee Chef Staci Stengle
Join us for an afternoon of food demos, healthy cooking tips, healthy food samples, as well as information on diabetes, diabetes prevention and the Mediterranean diet. Anyone interested in learning more about healthy eating and cooking is welcome to join us for this "Healthy Eating for Life" event. This event is free and open to the public, but reservations are required. Please make reservations by calling (605) 668-8080. This event is in conjunction with American Diabetes Month and the Dakota Diabetes Center at Avera Sacred Heart Hospital.

Diabetes Store Tour
Saturday, November 13th - 10:00 a.m.
Join our in-store dietitian, Brenda Patzlaff, as she takes a walk through the store with an aisle by aisle approach to eating diabetic friendly. Register for this event at customer service or by calling 665-3412. Participants will meet at customer service.

Diabetes Store Tour
Tuesday, November 16th - 2:00 p.m.
Join our in-store dietitian, Brenda Patzlaff, as she takes a walk through the store with an aisle by aisle approach to eating diabetic friendly. Register for this event at customer service or by calling 665-3412. Participants will meet at customer service.

FOCUS ON HEALTH

YANKTON Rexall

Your Local Good Neighbor Pharmacy

Your Vaccination Headquarters

Flu shots available daily
Mon-Fri 10am-5pm for \$25
(we will bill Medicaid) walk-ins welcomed.

Why Get a Flu Shot?
The flu is highly contagious, easily spreading from person to person. However, according to the Centers for Disease Control and Prevention (CDC), the "single best way to protect against the flu is to get vaccinated each year." The flu vaccine can prevent influenza among 70 to 90 percent of healthy adults by protecting against common types of flu viruses that are in circulation.

Who Needs a Flu Shot?
In general, anyone who wants to reduce their chances of getting the flu can and should get vaccinated. The CDC recommends that anyone over 6 months old be vaccinated. In addition, household caregivers — including moms, dads, grandparents, nannies, and other child care providers — should get vaccinated. However, due to regulations, we can only vaccinate adults 18 years and older.

Be Proactive and Stay Healthy

YANKTON Rexall

109 W. 3rd St – Historic Downtown Yankton
605-665-7865
Open Monday-Friday 8:30am-6pm
Saturday 8:30am-5pm

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get your **Flu Shot** now!

Seasonal Flu Vaccine available at... **HyVee Pharmacy**

We will also have the Fluzone HD vaccine, available for those 65 and older.

Walk-In Flu Shots Available
NO COST WITH MEDICARE CARD.

HyVee Pharmacy 2100 Broadway • Yankton, SD
665-8261
Mon-Fri 8am-9pm
Sat 9am-6pm • Sun Noon-5pm

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Jeffrey Johnson, M.D. **Brandi Pravecek, CNP**
Lewis & Clark Specialty Hospital

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