

# 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  
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## WELLNESS EVENTS OCTOBER 2010

**Breast Cancer Awareness Month - (HealthMarket)**  
Wednesday, October 6<sup>th</sup> & Thursday October 7<sup>th</sup>  
9:00 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.  
Join Brenda in the HealthMarket as she provides information about breast cancer screening and prevention. Celebrate Breast Cancer Awareness month and Join Brenda for a sample of a pink treat!

**Dietitian Pick of the Month - Steel Cut Oats - (HealthMarket)**  
Tuesday, October 12<sup>th</sup> - 2:00 p.m. - 5:00 p.m.  
Those cold winter mornings will soon be here, and what a better way to warm up than a hearty bowl of oatmeal? Join Brenda in the HealthMarket for recipes using steel cut oats. Steel-cut oats are essential grains which are full of nutritional value, rich in B-vitamins, calcium, protein and fiber while low in sodium and unsaturated fat. In fact, just one cup of steel-cut oats contains 8g of fiber! Steel cut oats are also great for baked goods and desserts - try them in breads, cookies and more!

**Celiac Sprue Awareness Month - (HealthMarket)**  
Friday, October 15<sup>th</sup> - (10:00 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.)  
October is Celiac Sprue Awareness Month. In recognition, Brenda, your Yankton Hy-Vee dietitian, will sample gluten-free foods from the Yankton Hy-Vee HealthMarket for your sampling delight. Take this opportunity to try new products and learn more about Gluten-free eating.

**Vital Nutrients for a Strong Immune System - (HealthMarket/Pharmacy)**  
Wednesday, October 20<sup>th</sup> - (10:00 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.)  
During this cold and flu season, the secret to a strong immune system may be in your refrigerator or pantry. For overall health and to help the body defend itself against disease, be sure you are getting regular sleep, exercise and a nutrient rich diet packed with vitamins, minerals and antioxidants. Stop by the HealthMarket for a food sample and information on foods that can keep you healthy this winter. Also, don't forget to schedule your flu shot through your Yankton Hy-Vee Pharmacy!

**New York Deli Cheese Sampling - (Deli)**  
Saturday, October 23<sup>rd</sup> - 10:00 a.m. - 12:00 noon & 1:00 p.m. - 3:00 p.m.  
Hy-Vee Deli is known for having the best variety and the finest cheeses in the area. Join Brenda for a fall cheese sampling that including Blueberry Cobbler White Cheddar and Mango Fire Cheddar from Henning's Wisconsin Cheese Company. She will also be featuring Bella Vitano Gold and Raspberry Bella Vitano from Sartori Cheese Company.

**Individual Nutrition Consultation - One hour - \$50.00 - Half hour - \$25.00**  
Brenda is available to provide personalized assessment and nutrition consultation for heart health, weight management, diabetic diet review, gluten-free and food intolerances, infant and child nutrition and other nutritional concerns.

**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.

**Flu Clinic**  
Oct. 19th • 1-5pm

**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  
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Open Monday-Friday 8:30am-6pm  
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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.

**Wednesday, Oct. 6th 1pm-5pm**    **Thursday, Oct. 14th 1pm-5pm**

**NO COST WITH MEDICARE CARD.**

**HyVee Pharmacy** 2100 Broadway  
Yankton, SD  
665-8261

**LEWIS & CLARK FAMILY MEDICINE, PC**

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**Jeffrey Johnson, M.D.**      **Brandi Pravecck, CNP**  
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