





# We're Here For You And Your Family!



- SNICKERS PUMPKINS 1.10oz
- TWIX GHOST 1.06oz
- HERSHEY PEANUT BUTTER
   PUMPKINS 1.20z KIT KAT BATS 1.20z





**HERSHEY** 

M&M'S FUN SIZE VARIETY MIX
9.9oz





Transferring Your Prescriptions
To Our Pharmacy Is As Easy As

Bathroom • Carpet • Oven

DR. SHEFFIELD SALINE NASAL

**SPRAY** 









SALE DATES: Today thru Oct 8. Halloween items thru Oct 31. Not responsible for typographical or printing errors.

# SPOOKE FOR Calloweels

# PEPPERIDGE FARM **CHEDDAR Goldfish**



# BATH TISSUE 4 Big Rolls = 8 Reg Rolls



#### **HOME SELECT HERSHEY SNACK MIX 2oz SNACK BITES 2.5oz**

Reese's • Hershey Almond Hershey • Payday Mr. Goodbar



**PEARL BEADS** 



# **PUREX LIQUID LAUNDRY DETERGENT**



# **SWISS MISS HOT COCOA MIX**





# **WE'RE HERE TO ANSWER YOUR HEALTH CARE QUESTIONS!**

Our Health Mart pharmacy specializes in serving our community with fast, friendly, professional service and the highest-quality medicines and health products. There's nothing more important to us than your family's well-being. Our pharmacist take the time to counsel you and answer your questions. Visit us for all your healthcare needs!

# BREAST CANCER AWARENESS MONTH

# DID YOU KNOW? ...

A healthy diet & exercise routine can reduce your chance for breast cancer by nearly /

When caught early, breast cancer has a

of women diagnosed with breast cancer DO NOT have a family history.

Breast cancer statistics are from the National Cancer Institute's Surveillance Epidemiology and End Results (SEER) and reflects

# **Breast Cancer Prevention Lifestyle**

You can maximize your potential for preventing breast cancer! It is all about personal choices.

## Eat and drink healthy

Maximize fresh fruits, fresh vegetables, nuts, whole grains and pure water.

# Consume wisely

Limit caffeine and alcohol to two servings per day and don't smoke.

## Go green - tea that is

Studies show regular consumption has slowed or prevented breast cancer.

#### Be active

Do aerobic workouts and practice strength and flexibility exercises daily.

survival rate.

#### Be aware

Conduct monthly breast self examinations and get regular check-ups.

## Have a purpose

Find meaning in life by helping vourself and others.

http://www.thebreastcancercharities.org/preventing-cancer















## **YARDLEY NATURALLY MOISTURIZING BAR SOAP**



Lemon Verbena • English Lavender Fresh Aloe • Oatmeal & Almond

