

BIG Valentine's SAVINGS

VALENTINE'S ITEMS GOOD THRU FEBRUARY 14TH



RUSSELL STOVER
Assorted Chocolate
Red Foil Heart
10oz

\$\$\$ **\$7.99** EACH

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CRYSTAL GEYSER WATER
1 Gallon
Alpine Spring Water

\$\$\$ **\$1** EA



SWEETHEARTS CONVERSATION HEARTS
1.3oz

2 FOR **88¢** \$\$\$



REESE'S POTATO CHIPS BIG CUP
1.3oz

\$\$\$ **99¢** EA



WHITMAN SAMPLER
Red Cello Heart
1.5oz

\$\$\$ **\$1** EA



CAKE SAVER
Round Container &
Locking Lid with Handle
11.5" in Diameter

2 FOR **\$3** \$\$\$



PANGBURN'S MILLIONAIRES HEART
Pecans & Honey Caramel
Covered in Premium
Milk Chocolate • 4.3oz

\$\$\$ **\$5.99** EACH



GOOD-N-TUFF TRASH BAGS
13 Gal (Tall Kitchen) 15ct
Lemon Scented,
26 Gal (Trash) 11ct,
33 Gal (Trash/Yard) 7ct,
39 Gal (Lawn/Leaf) 6ct

\$\$\$ **\$1** EA



DISPOSABLE FACE MASK
3pk

\$\$\$ **\$1** EA



REESE'S PEANUT BUTTER HEART
1.2oz

\$\$\$ **79¢** EA



ZACHARY
Chocolate Covered Raisins,
Chocolate Peanut Cluster,
Double Dipped Peanuts,
Maple Peanut Clusters
or Bridge Mix
5oz Bags

WOW

\$\$\$ **\$1** EA



Rely on US for ALL Your Prescription Needs!

If You Are Uncomfortable Coming Into The Store,
Please Call Us To Discuss An Alternative Way
For Us To Get Your Medications To You.

SALE DATES: Today thru February 5th. Not responsible for typographical or printing errors. Sale prices good while supplies last. We reserve the right to limit quantities.

Valentine's SAVINGS

GK SELECT GOURMET NUTS

Honey Roasted Mixed Nuts 10.5oz,
Chocolate Covered
Almonds & Pecans 11oz,
Colossal Cashews 9oz,
Gourmet Blend 9oz

✓ **YOUR CHOICE**

\$\$\$ **\$5.99**
EACH



**GURLEY
BAG CANDY**
Assorted
Variety

\$\$\$ **69¢**
EA



**PANDA
BATH
TISSUE**
Ultra
Premium
4 Roll

2 **\$3**
FOR
\$3

FACIAL TISSUE
White • Unscented
160ct



\$\$\$ **\$1**
EA



**PLENTY
PAPER
TOWELS**
Ultra Premium
6 Large Rolls
Full Sheet

\$\$\$ **\$4.99**
EACH



**PERSONAL CARE
HAND SANITIZER**
70% Alcohol
16oz



2 **\$3**
FOR
\$3



**LA'S TOTALLY
AWESOME
BLEACH**
Fresh or
Lemon
Scent
96oz

\$\$\$ **\$1**
EA



YARDLEY BAR SOAP
Aloe & Avocado,
Oatmeal & Almond,
Lemon Verbena,
English Lavender
4.25oz

\$\$\$ **\$1**
EA



**CHLORASEPTIC
MAX**
Lozenge • 15ct

\$\$\$ **\$2.99**



**CHLORASEPTIC
MAX**
Spray
10z

\$\$\$ **\$5.99**



**ADVIL DUAL ACTION
PAIN RELIEVER**
Acetaminophen
250mg & 125mg
Ibuprofen
36ct Caplets

\$\$\$ **\$6.25**



**ZYRTEC
ALLERGY**
Child's 4oz
Grape

\$\$\$ **\$10.99**
EACH



**ZYRTEC
ALLERGY**
10mg 30ct
Tablets

\$\$\$ **\$18.99**



**BENADRYL
ALLERGY**
UltraTabs
48ct

\$\$\$ **\$7.29**
EACH



February is American Heart Month

February is most commonly known for the month of love due to Valentine's Day, but it is also the American Heart month. Heart disease is one of the leading killers of Americans. While genetics does play a role in cardiovascular disease, 80% of cardiovascular diseases can be prevented with education and action. Lifestyle changes can make a huge impact when it comes to heart health. Show your heart some love with these 10 tips.

SMILE

It helps relieve stress and will improve overall mood.

SLEEP MORE

Adults who sleep less than 7 hours each night have a higher chance of having health problems. Including asthma, depression and heart problems.

EAT SMART

Certain foods can influence blood pressure, cholesterol levels, triglycerides, and inflammation, all of which are risk factors for heart disease.

LIMIT JUNK

Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health.

BE ACTIVE

AHA recommends 30 minute moderate exercise sessions five times a week.

BUILD MUSCLE

Strength training complements cardiovascular exercise by toning muscles and burning fat.

STRESS LESS

Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease.

STOP SMOKING

Smoking is the most preventable cause of premature death in the United States, and smokers have a higher risk of developing many chronic disorders, including atherosclerosis, or the buildup of fatty substances in the arteries.

SCREEN FOR DIABETES

Untreated diabetes can lead to heart disease, among many other complications.

MAINTAIN A HEALTHY WEIGHT

Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart.