

Live Better! Wellness Savings
January 1, 2010 - March 31, 2010

Join Our *Live Better!* Wellness Club



Members receive special savings!



25% off All *LIVE BETTER!* Health Care
REGULAR PRICE and Market Spa Beauty Products



15% off America's Choice®
REGULAR PRICE Gold Quality Fresh Cuts
Fruits and Vegetables



50¢ off ACE
REGULAR PRICE Whole Grain
Breads



healthy living needs encouragement

Hartford Reserve and America's Choice® Gold Quality Premium Hams and Cheese

hr

HARTFORD RESERVE

NO MSG • GLUTEN FREE • 0 GRAMS OF TRANS FAT

Gluten is a protein that is found in wheat, barley and rye. People with Celiac's disease can not tolerate gluten and have to eliminate gluten from their diet. A gluten free diet is currently the only treatment for Celiac's disease.



LIVE BETTER! WELLNESS CLUB members save!

\$1 OFF
regular price of 1 lb. or more



America's Choice® Gold Quality

Virginia, Hot, Cooked, Pepper, & Honey Hams and Lacey Swiss



Some of our most popular deli meat products are now certified by the American Heart Association. See Deli for details.

Hartford Reserve

Hartford Reserve Deluxe, Virginia, Tavern, Honey or Black Forest Low Sodium Hams and Lacey Swiss

Fresh Atlantic Salmon Portions
5 oz.

LIVE BETTER! WELLNESS CLUB members save!

\$1 OFF
regular price

Why Atlantic Salmon?

- Contains 2 or more grams of omega-3 fatty acids for a 4 oz serving, cooked
- Omega-3 fatty acids may help reduce the risk of heart disease
- American Heart Association recommends healthy people eat fish at least twice a week.

Chiquita Baby Bananas

A Perfect Portion!

LIVE BETTER! WELLNESS CLUB members save!
10% OFF
regular price

America's Choice® Gold Quality Gourmet Wraps
Multi grain, tomato basil, rye, and white, 13.1 oz.

Good Source of Fiber!

LIVE BETTER! WELLNESS CLUB members save!
50¢ OFF
regular price

America's Choice® Gold Quality Salads
Personal and Family Sizes, store made

LIVE BETTER! WELLNESS CLUB members save!

50¢ OFF
regular price



America's Choice® Real Quality. Real Value.



Canned Fruits

Fruit cocktail, peach halves, peach slices, pear halves, and pear slices in pear juice; sliced peaches and fruit cocktail in splenda, 15-15.25 oz. cans

No Salt Vegetables

Beets, Carrots, Corn, Green Beans, French Green Beans, Mixed Veg, Mixed Peas, and Sliced or Whole Potatoes, 14.5-15.25 oz. cans



Jar Fruit

Sliced Peaches and Fruit Medley, 24.5 oz.

LIVE BETTER! WELLNESS CLUB members save!

15% OFF
regular price

healthy living from start to finish

Enroll in FreeStyle Promise™ Program today and find out how you can get co-pay savings and a free FreeStyle® meter!



FreeStyle Lite® or FreeStyle Freedom Lite® Meter

*1. Void where prohibited by law. The co-pay savings offer is not valid for persons eligible for reimbursement of blood glucose test strips, in whole or in part, under Medicare, Medicaid, or similar Federal or State Programs. In Massachusetts, the co-pay savings and free meter offer is not valid for persons eligible for reimbursement of this product, in whole or in part, by an insurance company or other third-party payer. 2. One card per person. You may not combine this offer with any other offer. 3. Abbott has the right to rescind, revoke, or amend this offer without notice. ©2009Abbott ART18113 Rev. A 06/09

Florajen®
High Potency Probiotics

Florajen, Florajen 3, 30 ct.

LIVE BETTER! WELLNESS CLUB members save!
\$2 OFF
regular price

For Antibiotic Side Effects and other potent probiotic health benefits

Ask for Florajen at the pharmacy counter. It's refrigerated to maintain high potency!



FDA Cleared

Stronger, firmer abs in just weeks!

- ✓ EMS technology, clinically demonstrated to firm and tone your muscles.
- ✓ 2 Toning Programs - Beginner & Advanced
- ✓ Adjustable intensity levels, 0-99
- ✓ Designed for both men & women

LIVE BETTER! WELLNESS CLUB members save 20% off!
\$63.99
regular retail \$79.99



ReVive™
Back Pain Relief Belt
TENS technology is clinically proven to relieve lower back pain
Visit your Pharmacist for details

LIVE BETTER! WELLNESS CLUB members save 20% off!
\$99.99
regular retail \$124.99



Cottonelle Moist Wipes

Double Roll 6 pks, 42 ct. tub & 42 ct. refill

LIVE BETTER! WELLNESS CLUB members save!
10% OFF
regular price



Huggies Snug & Dry Big Packs & Wipes

Diapers size 3-6, 60-96 ct., Wipes: Natural care, supreme, & soft skin 320-360 ct

LIVE BETTER! WELLNESS CLUB members save!
10% OFF
regular price



Kotex, Lightdays, Tampons and Poise

Maxi Pads, Light Days, Security Tampons, Poise Liners

LIVE BETTER! WELLNESS CLUB members save!
15% OFF
regular price



Depend Underwear for Men and Women
Assorted Sizes

LIVE BETTER! WELLNESS CLUB members save!
10% OFF
regular price





**It's 3pm ...
Do you know
where your
snack is!**

Bernadette Joyce, MS, RD
Our Registered Dietitian

If it's coming from the vending machine, chances are that you're about to make a very high calorie choice.

Eating small snacks, especially when you're hungry, can be part of a healthy diet. So don't feel guilty. Giving in to the urge for a mid-afternoon snack isn't necessarily a bad thing.

The best kind of snacks contain protein and whole grains, since both will make you feel full and keep you satisfied longer. The worst kind of snack is loaded with refined sugar. Although sugar will quickly satisfy hunger, it will also make you feel hungry sooner.

**How the vending machine can
add up to weight gain**

Occasional Snacks	Better Choice Snacks
Candy Bars ~250 calories; 10 g fat	Single Serving of Nuts or Seeds Less than 200 calories; 15 g fat
Chips ~375 calories; 18 g fat	Baked Chips or Pretzels ~160 calories; 0-3 g fat
Cakes, Cookies or Donuts 200-400 calories; 10-20 g fat	100 Calorie Snack Bags 100 calories; 3-5 grams of fat
Sandwich Crackers 150 calories; 9 g fat	Dried Fruit or Fruit Leathers 80-100 calories; and 0 g fat
Regular Soda: 100 calories per 8 ounces	Diet Soda or Water 0 calories; 0 g fat
Fruit Punch ~150 calories per 12 ounces	100% Fruit Juice 100 calories; 0 g fat

Eating or drinking an additional 250 calories a day, five days a week, over an entire year could cost you a weight gain of more than 15 pounds if you don't burn the calories off. So, before you grab your change, you may want to rethink that 'innocent' snack.

E-mail your nutrition questions to
Bernadette at nutrition@apte.com



GREEN WAY

ORGANIC • NATURAL • ECO-FRIENDLY



**Good for you.
Good for the earth.**

Green Way Soy Milk
Plain, Vanilla or Chocolate, 64 oz.

Green Way Organic Eggs
1 dozen

Green Way Organic Yogurt
Blueberry, Plain, Peach, Strawberry, Raspberry, Vanilla
6 oz. container

LIVE BETTER! WELLNESS CLUB
members save!

10% OFF
regular price
on these Green Way products

**Green Way
All Natural
Sunday Roaster**
Serves a Family of 4



LIVE BETTER! WELLNESS CLUB
members save!

\$1 OFF
regular price

It's Not A Fruit ... It's A Snack!

LIVE BETTER! WELLNESS CLUB
members save!

10% OFF
regular price

**A new way
to eat fruit™**

All natural • No sugar added
110-120 calories • 2 servings of fruit*

**2fruit
2day**
real fruit bits
in 100% juice blend

HERO WhiteWave™ fruit2day.com ©2009 HERO/WhiteWave *Per USDA dietary guidance

Items and prices on these pages effective January 1, 2010 thru March 31, 2010

For The Nearest Pharmacy Call 1-866-443-7374