

# SAND RUN PHARMACY

NOVEMBER 2021 NEWSLETTER



## Fall prevention

AS THE WINTER MONTHS DRAG ON, IT IS IMPORTANT TO PREVENT FALLS WHENEVER POSSIBLE.

HERE ARE A FEW HELPFUL TIPS:

- PLACE NIGHTLIGHTS IN HALLWAYS AND PATHS TO THE BATHROOM
- REMOVE THINGS YOU COULD TRIP OVER LIKE BOOKS, PAPERS, CLUTTER AND THROW RUGS
- KEEP ITEMS YOU USE OFTEN IN THE CABINETS WITHOUT USING A STEP STOOL
- STAYING PHYSICALLY ACTIVE WILL HELP KEEP MUSCLES STRONG AND HEALTHY, WALKING IS A GREAT EXERCISE BUT AVOID SLIPPERY SIDEWALKS THIS WINTER!
- STAND UP SLOWLY FROM SITTING UP IN BED TO STANDING FROM A CHAIR

## Stay healthy this winter season!

TRY ORTHO MOLECULAR'S BUFFERED C CAPSULES, FULL OF MAGNESIUM, CALCIUM AND VITAMIN C! IT CAN HELP BOOST YOUR IMMUNE SYSTEM DURING THE WINTER WEATHER FROM THE FLU AND THE COMMON COLD.

REACTED ZINC IS HIGHLY ABSORBED AND ALSO BOOSTS THE IMMUNE SYSTEM.

SPEAK WITH THE PHARMACY STAFF ABOUT ORTHO MOLECULAR PRODUCTS TODAY!



*There is still time to get your flu shot! Walk into Sand Run Pharmacy anytime for your flu shot to protect yourself and those around you!! It is safe to get with any of the COVID-19 vaccines.*

HAPPY  
*Thanksgiving*

OUR HOURS ARE:

Wednesday 24<sup>th</sup>: 9am -7pm

Thursday 25<sup>th</sup>: CLOSED

Friday 26<sup>th</sup>: 9am -7pm



## THANKSGIVING DINNER TIPS FOR PEOPLE WITH DIABETES (and for all):

Eat the proteins (turkey or tofu) and vegetables first to feel fuller before eating the sugary desserts!

Try the desserts you want by only having a bite or two of each option!

Limit your alcoholic beverages to just one with dinner. Drinking early can lead to overeating and overconsuming alcohol throughout the day.

Take a walk with some of the family after eating dinner! This can burn off some of the carbs you just ate and can help with digestion of all those delicious foods!

Stay well hydrated WITH WATER! Drinking water throughout the day can help you feel full faster during the meal, saving some calories!

Watch out for food traps like mashed potatoes, sweet potato casserole and stuffing! Try only having a few bites of those foods to save room for dessert.

Go for the green beans, broccoli, brussels sprouts, and carrots instead.



The first person to return a completed word search will win a set of note cards.

Good luck!!



### Word List:

