

MAY 2016



40 Sand Run Road Akron, OH 44313

SAND RUN PHARMACY

Physical Fitness & Mental Health

This month is physical fitness and mental health awareness month. As we age, our mental abilities can begin to decline. Research shows that you can reduce your risk of Alzheimer's and other dementias through a combination of healthy habits, including eating right, exercising, staying mentally and socially active and keeping stress in check.

- Regular Exercise
- Healthy Diet
- Mental Stimulation
- Quality of Sleep
- Stress Management
- Active Social Life

Get Regular Exercise:

- ☑ Aim for at least 20 minutes of moderate intensity exercise daily
- ☑ Do a combination of cardio and strength training, anything that raises your heart rate
- ☑ For beginners walking, swimming, cleaning and gardening are also a good place to start

Six Pillars of Brain Health



New Product Available at Sand Run Pharmacy

We have recently added a new product to our vitamins section, Methyl B12. If you are thinking about getting a vitamin that will help boost energy, this is a great product to consider. Methyl B12 is made up of two key B vitamins: B12 and folate.



- ☑ Boosts energy levels and supports red blood cell production
- ☑ Promotes cardio vascular health
- ☑ Supports a positive mood and healthy sleep cycle regulation

Test Your Brain

Sudoku Rules: Fill in the blanks so that each row, each column, and each of the nine 3 x 3 grids contain one instance of each of the numbers 1 through 9

*** First person to fill it out correctly and return to the pharmacy, will receive a greeting card of their choice

				7		
2		4		3		7 1
				6 9		
		3		7		6 8
		5		9		
8	1			5		2 9 3
					6	
		7	1			
6						
						2
						9



Veterinary Compounding Corner

8 Spring Cleaning Tips for Pet Owners

1. Clean crates and carriers
2. Launder bedding and covers
3. Clean your pets' winter clothes
4. Wash pet dishes and toys
5. Prepare for tick and flea season
6. Make sure all pets have identification
7. Take your pet for a checkup
8. Pamper your pet with trip to the groomer



What is compounding?

⇒ We work hand in hand with the patient's owner and the veterinarian to customize a medication to meet the pet's specific needs

Why do we compound for animals?

- ⇒ Not available in the dose needed
- ⇒ Hard to medicate
- ⇒ Medicine in a flavor your pet won't take
- ⇒ Big capsule vs small animal



Upcoming Events

2016 Senior Luncheon

Presented by WAKR 1590

May 5th, Thursday

Todaro's Party Center

Doors open at 11 am

Holiday Hours

Saturday, May 28th— 9 am to 2 pm

Sunday, May 29th— Closed

Monday, May 30th— Closed

Memorial Day



Tuesday, May 31st—9 am to 7 pm



Enjoy a stroll around the lovely Stan Hywet gardens and manor house on Mother's Day. Free admission for all moms, self-guided tours only.

Stan Hywet Hall & Gardens

714 N. Portage Path

Akron, OH 44303

(330) 836 - 5533