

# SAND RUN PHARMACY

## PROTECT YOURSELF THIS WINTER

**Vaccination is one of the best ways  
to protect yourself against  
preventable disease.**

### **Are you up-to-date on these yearly vaccines?**

- Flu Vaccine
- Updated COVID-19 Vaccine

## How do Vaccines Work?

Vaccines contain inactive parts of a pathogen that trigger an immune response. Your body produces antibodies in response to a vaccine, which helps the immune system respond if you are exposed. Vaccines can prevent illness or reduce the severity of disease.

## Are you at high risk for vaccine-preventable disease?

You are more at risk for complications from the flu and COVID-19 with the following disease states:

- Diabetes
- COPD/Asthma
- A weakened immune system

## Other vaccines offered:

- |                       |                     |
|-----------------------|---------------------|
| • Shingles            | • Hepatitis A and B |
| • Pneumonia           | • Meningococcal     |
| • Travel Vaccines:    | • Tdap              |
| Typhoid, Yellow Fever | • RSV               |
| and more!             |                     |



DECEMBER 2023

## Spread Holiday Cheer

Waggoner chocolates and Papyrus holiday cards are now available!

**Be the first to return a completed crossword for a prize**

### MERRY CHRISTMAS

K F A M I L Y T R N K B J L H  
Y M U T J C O R B S X G O J H  
Y U P L R C A R O L S I Y I F  
Y C M R R E Q N W E E V E N N  
L H F E E P E H D N D I J G O  
S R B T D S C S S Y W N G L R  
Y I Q M T Y E R C M C G S E T  
U S T O C K I N G S J A E I H  
U T L I G H T S T G S D N W P  
L M F L I O V S M S N J S E O  
K A V F X B I Z G I I G D T L  
B S R E B Z S L E I G H X C E  
F K Y O L Q H R N S N O W R U  
X N L R J F Z C D N D E X X V  
H S T A R W S A N T A T L V M

BOW	FAMILY	NORTH POLE	SNOW
CANDY CANE	GIVING	PRESENTS	STAR
CAROLS	JINGLE	REINDEER	STOCKINGS
CHRISTMAS	JOY	SANTA	TREES
ELF	LIGHTS	SLEIGH	

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MONTHLY NEWSLETTER

## Family Fun

Fun Winter Activities to do with the family:

- Akron Zoo Wild Lights
- Stan Hywet's Deck the Hall

## Boost your immunity with OrthoMune

Pair your vaccination with OrthoMune. OrthoMune is a balanced blend of flavonoids and crucial vitamins and minerals that provide safe, long-term immune support for all populations without overstimulating the immune system.



## Tips for Healthier Baking this Season:

- Replace butter with low-fat butter or coconut oil
- Use unsalted butter
- Replace sugar with honey
- Replace all-purpose flour with whole wheat flour



## Holiday Hours:

Closed Christmas Day  
and New Year's Day

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[www.sandrunpharmacy.com](http://www.sandrunpharmacy.com)



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