

BUDNING'S PHARMACY

LARGE ENOUGH TO SERVE YOU, SMALL ENOUGH TO KNOW YOU

THANKS & WELCOME BACK!

I was delighted to receive such a positive response to the first newsletter. I will endeavor to improve upon presentation and content with each issue. Thanks to your feedback I can better meet your objectives, so please keep the comments coming!



Carole

✧ Happy Holidays! ✧



As our community revs up for the holidays, excitement is spreading through the streets. Holiday greetings and new year wishes are passed from one to another, many right here in the pharmacy. A domino effect flows through Montreal West touching everyone with holiday cheer and good wishes!



From the crew at Budning's to all of you, Happy Holidays, and a Happy New Year!



Winter Wonderland

Take a moment to breathe in the crisp, fresh seasonal air, and marvel at the beauty of the snow covered trees. The holiday season is a great time to get in touch with family and friends. Smiles and cheer are infectious in the very best way. Keep the holiday wave going.

Photo is of the Montreal West train station.

Carole

Holiday Time Need Not Be Extra Pound Time

Many of us overindulge over the holidays and weight gained in a short period of time is not easily lost.

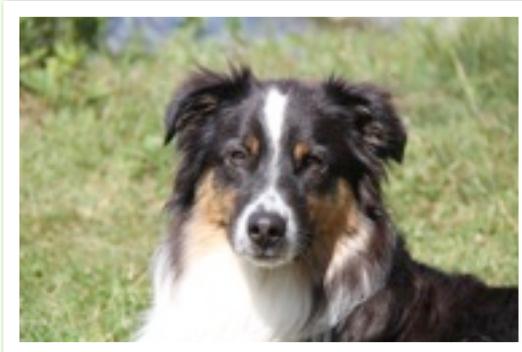
CAROLE'S TIPS

- Have a small snack at home before heading out to a party so that you will not walk in starving.
- Limit alcohol consumption by mixing wine with club soda or juice. You will cut down the calories, stay sharper and will be less tempted to eat more.
- Control portions. Make a well balanced plate, and don't return to the buffet for refills.
- Have fruit for desert, and if you must sample the sweets, keep the portions small.
- Avoid vegetable dips and sauces, and limit cheeses as they are ripe with calories.
- Eat slowly, enjoy every bite, and let your brain register what you eat!

The easiest way to lose that holiday weight is to not put it on to begin with!

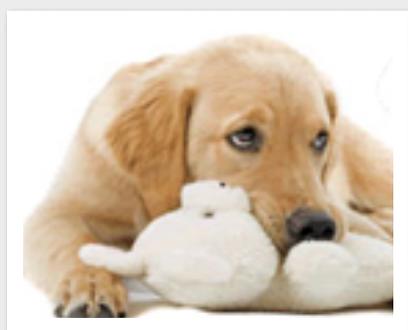
NEW Pet Section is Now Open

A nice variety of pet health products is now available at the pharmacy. We have carefully chosen high quality, environmentally friendly, popular products. We have creams for cat and dog allergies, dry itchy skin, and cuts and scrapes.



We have vitamin supplements as well as products to help ease pet anxiety in stressful situations.

We have established accounts with a nice variety of suppliers, and can custom order almost any pet product, so please inquire if there is something you would like us to special order, or regularly stock for you.



To complement this new service, we can also fill many of your pet's prescriptions, often at a reduced price than at the vet if there is a human drug equivalent. We are also happy to provide health advice for your pet. As always, if we do not have the exact medicine that your pet needs, we can order it and have it in the next day. It can also be delivered. A healthy pet is a happy pet!



Snow Shoveling Warning

Shoveling snow can be a great way to exercise, and clear entry to your home, but it can cause a quick rise in heart rate and blood pressure, and can cause a heart attack in some at risk people. If you have existing heart disease, high cholesterol, or smoke, you should exercise caution when shoveling. Stretch first, dress warmly in layers, pace yourself, stay hydrated and listen to your body when it tells you to stop.

Your Opinion Matters! Here at Budning's, we care about your health, and your health concerns. We strive for excellence, and would like your feedback on what we can do improve your customer satisfaction. Simply click on the [feedback](#) link and tell us what you think.

Like what you see? Send it on! If you know someone who would appreciate receiving this newsletter, please forward it on to them or simply [click here](#) and send us their email address, and we'll take care of the rest!

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Budning's, A Full Service Pharmacy!

We offer a wide range of products and services to better serve the needs of our community.

- Knowledgeable and helpful pharmacists and staff
- We fill dosettes, specialty prescriptions, even pet prescriptions
- Full selection of diabetic equipment and testers
- We can order almost any health care item you need, and have it in the next day
- Our delivery service is fast, free*, and frequent
- New pet health section
- Full selection of greeting cards, gift wrap, & gift bags
- Stamps, envelopes, and packaging material
- Photo development - both in store and online
- Loads of unadvertised in-store specials

At Budning's, a person will always answer your call!!

* Delivery is free with any prescription or orders over \$30. Otherwise, a small fee applies. Large, but limited, delivery area. Call for details.

BONUS PAGE - PRINT & SAVE!

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ON ANY PURCHASE OF 2 HOLIDAY 3-PACKS OF GIFT WRAPPING ROLLS.
LIMIT 3 PER PERSON. VALID ONLY WITH PRESENTATION OF THIS COUPON AND WHILE SUPPLIES LAST. CANNOT BE COMBINED WITH ANY OTHER PROMOTION.
EXPIRES MARCH 31, 2012



SAVE .50

ON THE PURCHASE OF ANY OF OUR HOMEOPET BRAND PET CARE PRODUCTS
LIMIT 3 PER PERSON. VALID ONLY WITH PRESENTATION OF THIS COUPON AND WHILE SUPPLIES LAST. CANNOT BE COMBINED WITH ANY OTHER PROMOTION.
EXPIRES MARCH 31, 2012



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PRESENT THIS COUPON WITH EVERY ORDER OVER \$30.00, EXCLUDING PRESCRIPTIONS, AND RECEIVE ONE ENVIRONMENTALLY FRIENDLY RE-USABLE PROXIM SHOPPING BAG FOR FREE! VALID ONLY WHILE SUPPLIES LAST. CANNOT BE COMBINED WITH ANY OTHER PROMOTION.
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