

Live Better! Wellness Club Savings  
October 1 - December 31, 2010

# Live Better! Wellness Club

Members Continue to  
Receive Storewide Savings  
Every Day!



**20% OFF**  
Fresh & Healthy **REWARDS**

Join our *Live Better!* Wellness Club and every time your produce spending reaches \$50, you'll receive a coupon good for **20% OFF** a future produce purchase.



**25% OFF**  
All **LIVE BETTER!**

Health Care and Market Spa  
Beauty Products



**15% OFF**

America's Choice®  
Gold Quality Fresh Cuts  
Fruits and Vegetables

Sign Up and Join in on the Savings Today! **Pathmark**

# healthy living needs encouragement

**We're putting our money behind our quality.**

**We guaranteed your satisfaction or your money back.**



**Real Quality. Real Value.**

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

**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.

**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

**Green Way Organic Vegetables and Beans**

Corn, Cut Green Beans, Sweet Peas, Black Beans, Garbanzo Beans, Dark Kidney Beans, Pinto Beans, 14.5-15 oz. cans

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



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

**Salmon Pin Wheels**

*All Varieties*

Crab, Lobster and Shrimp at your seafood counter

**LIVE BETTER! WELLNESS CLUB members save!**

**\$1 OFF**  
regular price



**America's Choice® Gold Quality Salads**

Family Size Salads, Your Choice of Chef, Grilled Chicken, Greek and Tossed

**LIVE BETTER! WELLNESS CLUB members save!**

**50¢ OFF**  
regular price



**America's Choice® Gold Quality Gourmet Wraps**

Multi grain, tomato basil, rye, and white, 13.1 oz.

**LIVE BETTER! WELLNESS CLUB members save!**

**50¢ OFF**  
regular price



*Excellent Source of Fiber and Only 100 Calories per Wrap!*

**Hartford Reserve and America's Choice® Gold Quality Premium Deli Meats and Cheese**

NO MSG • GLUTEN FREE • 0 GRAMS OF TRANS FAT

**Hartford Reserve**

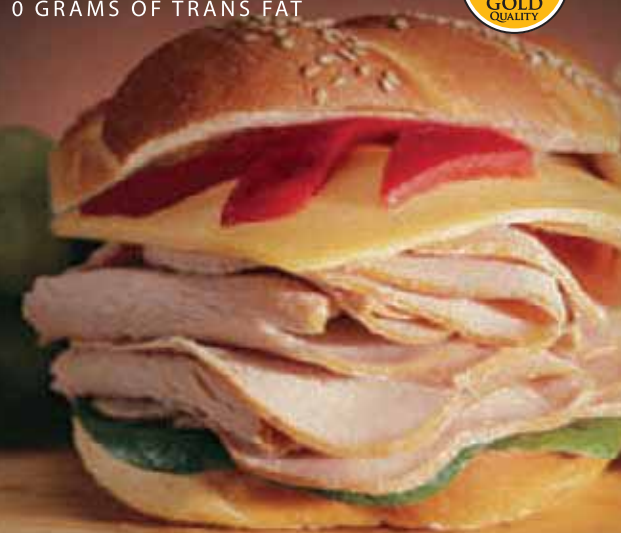
Chicken Breast and Lacey Swiss Cheese

**America's Choice® Gold Quality**

All Natural Turkey, Honey Maple Turkey, Smoked Turkey Breast, Roast Turkey Breast and Lacey Swiss Cheese

**LIVE BETTER! WELLNESS CLUB members save!**

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



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



# healthy living from start to finish

**Get firmer, stronger abs in just weeks!**

- The same EMS technology used by doctors & therapists to strengthen and firm muscles
- 2 toning programs - beginner & advanced
- Designed for both men & women

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



**FDA Cleared**

**SLENDERTONE® CORE TONING SYSTEM**

**Clinical Strength**  
BMR

**U by Kotex Liners and Tampons**

Ultra Thin Reg, Heavy, Ultra thin over nite, Barely there thin and Curves Reg liners, Click Reg, Super, Super+ and Multi Tampons, 14-60 ct.

**LIVE BETTER! WELLNESS CLUB members save!**

**\$1 OFF**  
regular price



**Huggies Baby Wipes and Pull Ups**

Just for Kids

Natural Care unscented and scented, gentle care, soft skin tub, 42 and 46 ct.

**LIVE BETTER! WELLNESS CLUB members save!**

**30% OFF**  
regular price



**LiveBetterDentalPlans.com**  
Save on Cleanings, Checkups, Fillings, Braces & More

- An affordable alternative to dental insurance
- Wide choice of plans and participating dentists nationwide

Save 10% on Any Discount Dental Plan. Use Coupon Code LB10. Visit [LiveBetterDentalPlans.com](http://LiveBetterDentalPlans.com) or Call 1.888.280.8498 to Learn More

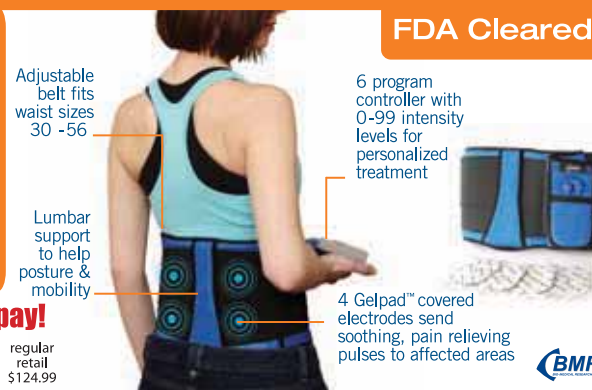
The DENTALPLANS.COM website is administered by DENTALPLANS.COM, INC., a licensed Florida Discount Medical Plan Organization, 8100 S.W. 10th Street Suite #2000, Plantation, FL 33324. Plans and Programs offered by DentalPlans.com are not health insurance policies. Plans and Programs offered by DentalPlans.com provide discounts at certain health care providers for medical services. Plans and Programs offered by DentalPlans.com do not make payments directly to the providers of medical services. The Plan or Program member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the Plan, Program or discount plan organization. © 1999-2010 DentalPlans.com, Inc. All Rights Reserved. Patents Pending.



**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 pay!**  
**members save 20%**  
**\$99.99**  
regular retail \$124.99



**FDA Cleared**

Adjustable belt fits waist sizes 30 - 56

Lumbar support to help posture & mobility

6 program controller with 0-99 intensity levels for personalized treatment

4 Gelpad™ covered electrodes send soothing, pain relieving pulses to affected areas



**Depends and Poise Pads**

Assorted Varieties and Sizes

**LIVE BETTER! WELLNESS CLUB members save!**

**10% OFF**  
regular price



**Cottonelle Bath Tissue**

Double Roll 6 pack & Moist Wipes

Tub and Refill

Ultra, Aloe & E and Regular, 42 ct. and 6 pack

**LIVE BETTER! WELLNESS CLUB members save!**

**10% OFF**  
regular price



**This One Button Can Summon HELP!**

Save up to **50% Off** nationally advertised services

**LIVE BETTER! WELLNESS CLUB members pay**  
**\$24.95** just  
month Non-members pay \$29.95 per month



**24/7 Medical Alert Monitoring**

- Round the clock protection
- No long term contract
- No activation fee
- No installation fee

**1-800-376-1100** [LiveBetterAlert.com](http://LiveBetterAlert.com)  
\*Live Better! Wellness Club Member





## Healthy for the Holidays!

Jacqueline Gomes, RD, MBA  
Our Registered Dietitian

From Halloween to New Year's Eve it's nearly eight weeks of candy, cookie exchanges and bake-offs! With the holidays almost here you can almost sense the sugary high-calorie temptations in the air.

Food is an important part of holidays, celebrations, family and cultural traditions. You can still enjoy all of your favorite traditional holiday fare while maintaining your weight and staying healthy. The key is to plan ahead, choose wisely and stay active. Here are some tips

- Many recipes can tolerate a healthy "make-over". For example substitute apple sauce for butter in baked goods.
- Have a light snack before going to a party. If you get to a party famished you'll be more likely to overeat. Have a small snack before heading out.
- Pick when to indulge. Save calories for a celebration and stick to your regular diet when nothing is going on.
- Avoid "free-roaming" calories. Say no to cookies, candy and other treats people may bring to the office.
- Think about what foods are really special to you vs. those that you can do without. For example, that special dish your aunt makes only on Thanksgiving vs. foods that are available to you every day.
- Step up the exercise! Burn those extra calories and reduce holiday stress.
- Focus on the fun, not the food – Remember the reason for the season!

Email your nutrition questions to  
Jacqueline at [nutrition@apte.com](mailto:nutrition@apte.com)



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

**LIVE BETTER!** WELLNESS CLUB  
**members save!**

**10% OFF**  
regular price  
on these Green Way products



**Green Way Organic Yogurt and Cheese**  
All Flavors, 6 oz. Yogurt, Vanilla and Plain, 32 oz. Yogurt, Mild and Sharp Cheddar bars, Processed American Slices, Shredded Mozzarella and Cheddar, Light String 8 oz.

**Green Way Organic Milk and Soy milk**  
Whole, 2%, 1% or Fat Free Plain, Vanilla and Chocolate Soy Milk, 64 oz.

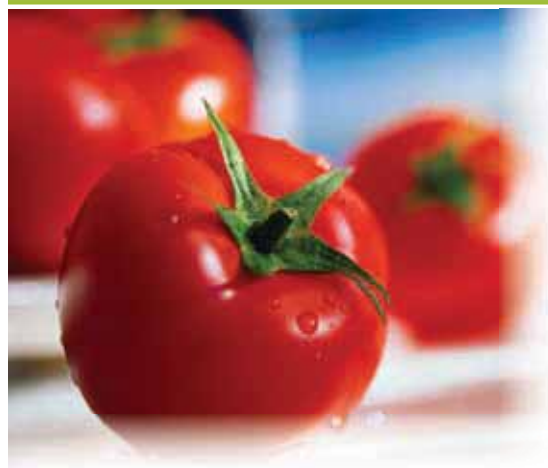
**Green Way Omega 3 Natural Brown Eggs and Organic Eggs** Dozen

**Green Way Organic Cereal**  
Raisin Bran, Honey Nut Oats, Toasted Oats, Honey Crunch 'N Oats or Multigrain & Flax, 13.25-14 oz.

**Green Way Whole Chicken**  
Fresh Whole Chicken All Natural, Antibiotic Free; Fresh Organic Whole Chicken, All Natural, By the Pound

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

**LIVE BETTER!** WELLNESS CLUB  
**members save!**  
**\$1 OFF**  
regular price



**Fresh & Healthy  
REWARDS**

**Get 20% OFF**  
your next produce purchase!

Join our **Live Better!** Wellness Club. Every time your produce spending reaches \$50, you'll receive a coupon good for **20% OFF** your next produce purchase.

See the store manager or pharmacist for complete details.



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