

HAPPY AND HEALTHY

Your guide to living well with *Walgreens*

SPRING 2013

ONE WOMAN'S INCREDIBLE TRANSFORMATION

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grab these goodies and hit the road
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health tips moms need to know
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Get
5,000
POINTS
(= \$5 REWARD)



when you purchase
\$30 of participating
Walgreens exclusive
brands

See page 3 for details

ihcartwags.com

New! HEALTHY HANDS

PLANT-BASED
with NO HARMFUL
CHEMICALS

page 2



buy 1 get 1
50% off*
*of equal or lesser price

New! Walgreens FIRST AID INNOVATIONS

page 16



Free
CASE!
A \$4.99 value
with card



with purchase of any
2 first aid products

New! YOU'LL WANT S'MORE!

page 21

2.99 with coupon
and card



sale good April 21 thru May 18, 2013

NEW!



BECAUSE WE ALL DESERVE A HEALTHY

I love it when companies strive to meet the needs of consumers, and I think it's great that Walgreens has created Ology™. Every little step we take towards caring for our families and our environment is important. And I can really appreciate the affordability of Ology™ products!

—Lisa Weidknecht, blogger, Planet Weidknecht

well. being.™



These harmful chemicals will *not* be included in our Ology™ products.

— TOP 10 — NO-NO INGREDIENT LIST

- Ammonia
- Chlorine bleach
- DEA (diethanolamine)
- TEA (triethanolamine)
- Parabens
- Phthalates
- Formaldehyde
- Nonylphenol ethoxylates
- Triclosan
- SLS/SLES

Plus, Ology™ does not use artificial dyes or fragrances.



Ology™ Laundry Detergent, 33 loads.

PLANT-BASED
with
NO ARTIFICIAL
INGREDIENTS

- Ology™
- Body Wash, 13 oz.
 - Hand Wash, 12 oz.



Ology™ Shampoo or Conditioner, 13 oz.

ihcartwags.com

HOME



Mix 'n' Match

Ology™ Brand Sale

Ology™ Bamboo Tableware

- Plates, 9 in., 18 pk.
- Bowls, 16 oz., 15 pk.



ihartwags.com

Ology™ Paper Products¹

- Bath Tissue, single or 12 rolls
- Facial Tissue, 184 sheets



Ology™ Dish Liquid, 24 oz.

WANT TO KNOW MORE ABOUT OLOGY™?

Q: What ingredients are in your natural fragrances?

A: Our products include fragrances that only contain custom-designed, naturally derived ingredients and do not include synthetic components.

Q: Are Ology™ paper products septic-safe?

A: They sure are!

HAVE A QUESTION ABOUT OLOGY™?

We love to hear from you!

Facebook.com/OlogyBrand
Twitter.com/OlogyBrand

¹Paper core not tree-free.

W HAPPY AND HEALTHY

Your guide to living well with Walgreens

Welcome to the second edition of *Happy and Healthy: Your Guide to Living Well With Walgreens!*

We're excited to present an issue packed with great content that may surprise you. Who knows—it might even change how you think about Walgreens. But more importantly, we hope it helps you and your family get, stay and live well!

Email HappyandHealthy@Walgreens.com to share your thoughts.

Visit our blog at Walgreens.com/HHB for even more tips and stories.



when you purchase \$30 of participating Walgreens exclusive brands.*

Well at Walgreens de LISH. ology

Nice! Well Beginnings

5,000 points =



off your next purchase

*Limit 5,000 points within one transaction. Participating exclusive brands include Walgreens, Good & Delish, Nice!, Ology and Well Beginnings. Balance® Rewards restrictions apply, see terms and conditions for full details.

A Brand-New

ME



Andrea

Mission Viejo,
California

How I gained insight on life, happiness and the meaning of beauty—all while losing 50 pounds. I hope my story inspires you as well.

I USED TO LIVE IN TENNESSEE,

the home of everything battered and fried. I was young, but my blood pressure had crept up, and I was getting headaches. I couldn't fit into my clothes. At my heaviest, I was 200 pounds, and a size 18. I felt unhappy and limited.

ENOUGH'S ENOUGH

The breaking point came when my husband was traveling and I felt like everything was slipping out of control. I started crying, and I don't do that. And then a commercial came on TV for a new gym in my town. I didn't even get the address. I just drove up and down the road until I found it.

LEARNING TO ADAPT

I knew the first step was to get myself healthy. I felt like I was gaining control of my life for the first time. In the beginning, the hardest thing was staying strong, because I used to go to breakfast and

lunch with my friends—we ate all the time. And I had to tell them, "Sorry, I can't come. I have to go work out."

Sometimes people would tease me when I'd skip certain foods or take small portions. But I knew I was getting healthy, and that was the most important thing, so I held on to that. I'd say something like, "You're making your choices, and I'm making mine."

I wish I had known I could seek out a person or group to support me. There are so many resources now, whether locally or online. There's no reason for anyone to feel like they have to go it alone.

GAME PLAN

I exercised five days a week for an hour. Three of those days included strength training, and the rest were cardio. It was hard to work through muscle soreness and fatigue at first. I'd tell myself, "This is temporary. It'll go away and you'll get stronger." I exercise about the same amount as when I started, but now my workouts are more intense.

Unlike past diets, I didn't restrict myself—I just ate healthy food. I never once felt hungry, and that made the difference this time. I drink a meal replacement shake every day. It's a fruit and

Shall We DANCE?

Treadmill trudging got you down? Heat up your fitness routine in time for bathing suit season with these three dance-inspired workouts.

ihartwags.com



NIA

A mixture of martial arts and dance, Nia is practiced barefoot to world music. Its purpose is to help connect mind, body and spirit through movement.

You'll like Nia if you like...yoga or meditation.



ZUMBA

Infectious Latin music + easy-to-learn choreography = a calorie-torching workout—though you might not even notice you're exercising amid all the hip shaking.

You'll like Zumba if you like...high-intensity aerobics or salsa dancing.



the BAR METHOD

Inspired by classical ballet, the Bar Method integrates calisthenics, free weights and stretching in a routine that works all of your major muscle groups.

You'll like the Bar Method if you like...Pilates.

NEW!

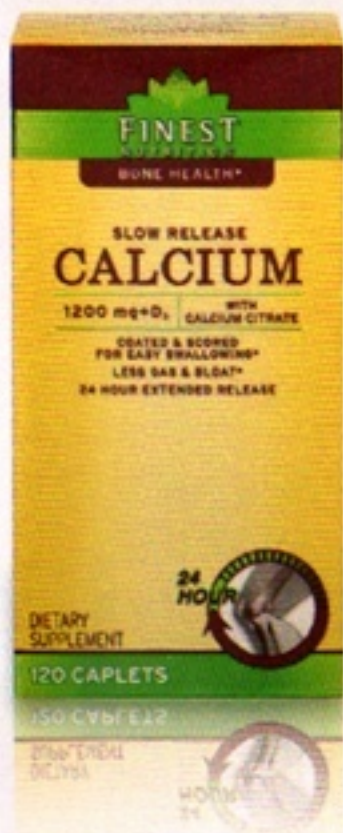
20 points per mile WHEN YOU WALK OR RUN*

20 points per daily log WHEN YOU TRACK YOUR WEIGHT*

LEARN HOW AT WALGREENS.COM/BALANCE.



*Due to state and federal laws, points cannot be earned on some items, and points will not be earned in a transaction where Redemption Dollars are used. Limit 20 points per mile, 1,000 points per month. Limit 20 points per log, one log per day. For terms and conditions, visit Walgreens.com/Balance.



**24-hour
EXTENDED
RELEASE**

buy 1 get 1
50% off*

with card
Finest® Nutrition
Calcium 1200 mg +D,
120 ct.

*Of equal or lesser price

veggie blend, full of carbohydrates and protein. It's amazing.

I love sweets, which can be a slippery slope. But now I know how it feels to not have bad food in my system. My body works better.

INNER AND OUTER BEAUTY

When someone is confident and happy inside, that's more important than how she looks. I started because I didn't like how I felt—and to be honest, I wanted to be thin and athletic. That helped get me down this path of learning to love myself. Now I feel happy and confident. I've had three kids, and my stretch marks and loose skin used to bother me to no end. But they don't anymore—I no longer focus on my insecurities.

MY ADVICE FOR YOU

A lifestyle change takes time. Be patient and enjoy yourself. To be present with your family and be a better mom, wife or person, you have to take some time to be healthy. Don't feel guilty for taking an hour out of the day to take care of yourself. And if you can find something you enjoy, you'll be healthy for the rest of your life.



34⁹⁹

with card Omron® Go
Smart Tri-Axis Pocket
Pedometer HJ-303.

GET GLOWING HAIR *and* SKIN

buy 1 get 1
50% off*

with card Finest®
Nutrition

- Radiant Pearls™, 100 ct.
- Women's Multi Pearls, 90 ct.

*Of equal or lesser price



iheartwags.com purelife
NATURALS



buy 1 get 1
50% off*

with card Walgreens
Toothpaste, 4 to 6.4 oz. and
Toothbrush, Single or 2 pack.

*Of equal or lesser price



**Healthy
BODY**

NEW LOOK!
coming soon

2/\$11

or 6.49 ea.

with card
Walgreens
Nutritional
Shakes, 6 pk.

A new line of all-natural vitamins
and supplements



- ✓ No artificial ingredients, colors or preservatives.
- ✓ 100% pure active ingredients from nature.
- ✓ Capsules are made from 100% vegetable fiber and water—nothing else!



25% off

with card Pure Life® NATURALS
Vitamins and Supplements.

PLAY THE WALGREENS STEP UP TO WIN
INSTANT WIN *and* SWEEPSTAKES
FOR YOUR CHANCE TO

Win a
trip to



When it comes to making changes, little steps each day can lead to big results. Walgreens and *The Biggest Loser* want to celebrate every little step you take by giving you chances to win big! Just join Balance® Rewards and enter for a chance to WIN A TRIP to the BIGGEST LOSER® RESORT and DAILY PRIZES.

Visit Walgreens.com/Balance
to learn more.



NO PURCHASE NECESSARY. Promotion ends 5/31/13 at 11:59:59 PM, ET. Only eligible legal residents of 50 US/DC, 13 years or older. Go to www.Walgreens.com/Balance-sweepstakes for Official Rules including entry details, prizes, odds of winning, etc. Void in PR & where prohibited by law. Sponsor: Walgreen Co, 200 Wilmot Road, Deerfield, IL 60015.

PROS *of* PROBIOTICS

WHAT ARE THEY? Simply put, probiotics are "friendly" bacteria that help maintain digestive health and support immune system function.

WHAT ARE THEY GOOD FOR? They've been shown to help with a variety of health concerns, including irritable bowel syndrome, high blood pressure, diarrhea and lactose intolerance, according to clinical trials and studies.

WHO CAN USE THEM? While probiotics are considered to be generally safe, those with an illness or a compromised immune system should get a physician's approval before using them.

iheartwags.com

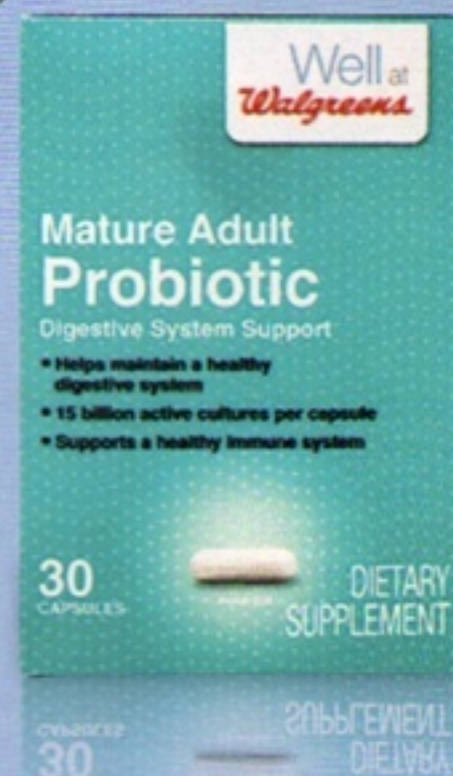


2/\$5

or 2.99 ea.

with card Good & Delish™ Probiotic Snacks

- Fruit and Nut or Boost Blend, 7 oz.
- Yogurt Covered Pretzels, 8 oz.



9.99

with card Walgreens Probiotics Children's, Mature Adults' or Women's, 30 ct.



SAVE and EARN INSTANTLY



Use your card for sale prices



Get 500 points when you fill prescriptions*



Get points on featured items each week. Just look for the blue tags.*

5,000 points =



off your next purchase

*Due to state and federal laws, points cannot be earned or redeemed on some items, and points will not be earned in a transaction where Redemption Dollars are used. Points will not be awarded to anyone who is currently, or was at any time in the 6 months prior to purchasing Pharmacy Items, covered by Medicare, Medicaid, Tricare or any other government-funded healthcare program. Pharmacy Items must be purchased at participating Walgreens Drugstore, Rxpress, Duane Reade, or Walgreens Pharmacy locations ("Participating Stores") to earn points. Excludes Pharmacy Items purchased from AR, NJ or NY pharmacies and prescriptions transferred to a Participating Store in AL, MS, OR or PR. At Participating Stores located in AR, NJ, and NY where points cannot be earned on Excluded Pharmacy Items, Balance® Rewards Members will earn 10 points per \$1 spent at those locations for every purchase of a non-prescription vitamin or cough, cold, pain or sleep medication. For terms and conditions, visit Walgreens.com/Balance.

Download THE FREE WALGREENS APP†



†Message and data rates may apply

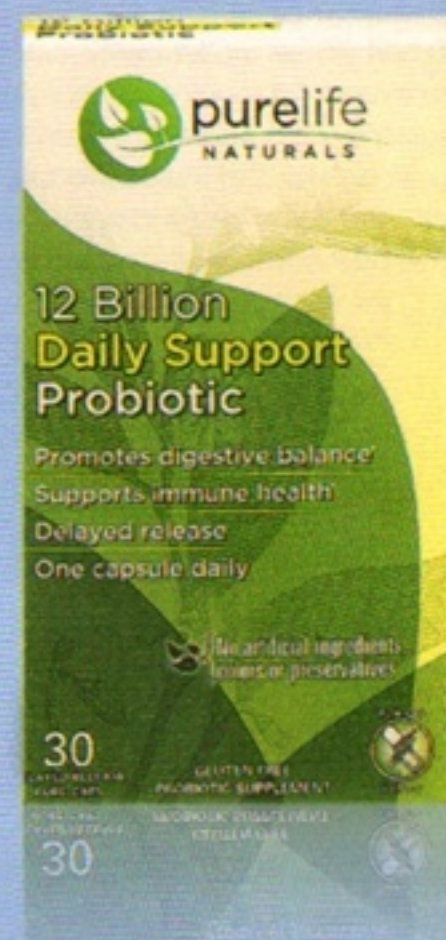


buy 1 get 1

50% off*

with card Finest® Nutrition Digestive Probiotics, 30 ct.

*Of equal or lesser price



25% off

with card Pure Life® NATURALS Probiotics, 30 or 60 ct.

FINEST[®] NUTRITION *innovation*

CUTE NAME—BUT WHAT DOES IT DO? SAM-e supports mood, joint comfort and liver health. As the body ages, the amount of SAM-e produced may decline.

B VITAMINS HELP boost carbohydrate, protein, fat and energy metabolism. And you won't find any gluten, lactose, sugar, preservatives, soy, artificial color, artificial flavor or sodium in these pills—they're additive-free!



buy 1 get 1
50% off*

with card Vitamins and Supplements
Finest[®] Nutrition Biotin, 60 ct. or Sam-e or Green Coffee Bean Extract, 30 ct.

*Of equal or lesser price

Why it's good TO FILTER YOUR WATER

Your tap water could contain lead, mercury, arsenic and other contaminants, according to the EPA. Use a water filter to give your body the hydration it needs—without all that other stuff.



15⁹⁹

with card Living Solutions[™] Water Filter Cartridges, 3 pk.



GET POINTS
at the **PHARMACY**

PER PRESCRIPTION—OR 1,500
POINTS PER 90-DAY
PRESCRIPTION¹



SEEK *relief*



buy 1 get 1
50% off*

with card Walgreens Hot or Cold Therapy or Pain Relief

- Pain Relieving or Cool N Heat Spray, 4 oz.
- Heat Therapy Patches, 3 or 4 pk.
- Hot & Cold Bead Eye Mask
- Headache Relief or Low Dose Aspirin, 120 ct.
- Acetaminophen Quick Gels, 100 ct. or PM, 80 ct.
- Ibuprofen Softgels, 80 ct.
- Walgreens Arthritis Pain Reliever, 20 or 80 ct.

*Of equal or lesser price



3⁴⁹

with card
Walgreens Medicated Pain Relieving Patches, 40 ct.



**heartburn
HELP**

9⁹⁹

with card
Walgreens Omeprazole, 14 ct.

SLEEP *tight*



buy 1 get 1
50% off*

with card Walgreens Sleep Aids
• Masks • Ear Plugs, 14 pairs • Wal-Som[®], 32 ct.
• Wal-Sleep Z[™], 12 oz. or 24 ct.
• Nighttime Sleep Aid, 100 ct.

*Of equal or lesser price



Refill Rx by Scan

Refill your prescriptions in seconds with the free Walgreens mobile app.¹

¹Message and data rates apply.

Due to state and federal laws, points cannot be earned or redeemed on some items, and points will not be earned in a transaction where Redemption Dollars are used. Points will not be awarded to anyone who is currently, or was at any time in the 6 months prior to purchasing Pharmacy Items, covered by Medicare, Medicaid, Tricare or any other government-funded healthcare program. Pharmacy Items must be purchased at participating Walgreens Drugstore, Rxpress, Duane Reade, or Walgreens Pharmacy locations ("Participating Stores") to earn points. Excludes Pharmacy Items purchased from AR, NJ or NY pharmacies and prescriptions transferred to a Participating Store in AL, MS, OR or PR. At Participating Stores located in AR, NJ, and NY where points cannot be earned on Excluded Pharmacy Items, Balance[®] Rewards Members will earn 10 points per \$1 spent at those locations for every purchase of a non-prescription vitamin or cough, cold, pain or sleep medication. For terms and conditions, visit Walgreens.com/Balance.

ASK YOUR PHARMACIST!

All About ALLERGIES



Kammi
WALGREENS PHARMACIST

Allergy or Sinus Relief

- Wal-Dryl®, 48 ct. or Children's, 8 oz.
- Wal-Zyr™ Itchy Eye Drops, .17 oz.
- Wal-Phed® PE, 36 ct.

buy 1 get 1
50% off*
with card

*Of equal or lesser price

page 22
\$3 OFF
with card
and coupon

Neti Pot Kit



Neti Pot Kit
Sinus Wash

- Gentle, soothing & easy
- Immediate relief of:
- Nasal congestion • Sinus
- Dry air • Rhinitis of pre
- Allergies • Post-nasal

NO DOCTOR NEEDED!

Checks for

10

of the most common airborne and food allergies. FDA-approved for home use.

24/7
PHARMACY
chat

Exclusive to Balance® Rewards members, you can talk to one of our pharmacists online about your medication and health-related questions 24/7, when you visit Walgreens.com/PharmacyChat.

500
POINTS

balance

Get 500 points per eligible prescription and immunization.*



How can I get help with seasonal allergies?

Seasonal allergies are caused by such irritants as pollen, pet dander, dust or mold. Look for a product that contains a non-drowsy antihistamine, like loratadine (Wal-Itin®), fexofenadine (Wal-Fex®) or cetirizine (Wal-Zyr™). If you still have symptoms, your doctor can prescribe other medications.

Answers
at **Walgreens™**

Do I have allergies or pink eye?

These two conditions are commonly confused—they both result in red, irritated and itchy eyes. But pink eye usually causes increased fluid production that is less watery and has more of a pus-like consistency. It's caused by either a bacterial or viral infection. If the cause of the infection is bacterial, then topical antibiotics are the treatment of choice. The condition is usually painless—but it's extremely contagious. Avoid touching your eyes and wash your hands frequently.

What if allergies are making my eyes itchy?

If your eye condition is caused by allergies, common symptoms are red, itchy eyes and an increase in fluid production that's watery. Use topical products like eye drops, antihistamines and anti-inflammatory agents to alleviate your symptoms.

*Answers to questions regarding information about medications or health conditions are not for diagnostic or treatment purposes and are not conclusive as to the presence or absence of any health condition. Individuals are encouraged to consult their healthcare provider regarding their specific medical condition. Information provided by Walgreens does not constitute medical advice, diagnosis, or treatment.

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Find more exclusive Dr. DuBuske content on the Happy and Healthy blog. Head to Walgreens.com/HHB.

Walgreens brand over-the-counter drugs work the same as their name-brand counterparts.

They contain the same active ingredients, have the same efficacy and follow the same regulations.

I recommend Walgreens brands for my patients, especially those who take medications year-round. The savings can really add up.

Most people can treat their allergy symptoms with non-drowsy antihistamines sold over the counter, such as Walgreens Wal-Itin® (compare to Claritin®), Wal-Zyr™ (compare to Zyrtec®) and Wal-Fex™ (compare to Allegra®). You may find one in particular works best for you, but each person is different. If you're still experiencing symptoms like congestion or stuffiness, these antihistamines are available behind the pharmacy counter combined with a decongestant. Look for a "D" at the end of the product name, or ask your Walgreens pharmacist.



—Dr. Lawrence DuBuske, a U.S. News & World Report "top doctor" and an expert on allergy and sinus



\$10 off

with card Wal-Fex®, Wal-Zyr™ or Wal-Itin® Allergy Relief, 90 ct.

Zyrtec® is a registered trademark of McNEIL-PPC, Inc.
Claritin® is a registered trademark of MSD Consumer Care, Inc.
Allegra® is a registered trademark of Chattem, Inc.



when you purchase \$30 of participating Walgreens exclusive brands.*

Walgreens Brand SUPPORTS PEOPLE IN NEED

\$3 up to MILLION!
annually

Through December 31, 2013, 1¢ from the purchase of every Walgreens Brand Health & Wellness product will support bringing preventative wellness services to local communities.

Visit Walgreens.com/WaytoWell.

NEW LOOK!
same great quality



2.99

with card Walgreens Certainty® Sizing Kit

17.49

with card Walgreens Certainty® Protection Fitted Briefs, 28 to 40 pk.

\$2 OFF with card and coupon

Walgreens Certainty® Underpads



\$50 off

with card Walgreens Transport Chair or Rollator Walker

buy 1 get 1
50% off*

with card Walgreens Glucosamine HCl + Vitamin D3, 60 ct.

*Of equal or lesser price



6.99 with card and coupon

Walgreens Diabetic Nutritional Shakes, 6 pk.

ARE YOU ON MEDICARE PART B, AND DO YOU HAVE DIABETES?

Your local Walgreens pharmacy carries major testing supply brands and has expert pharmacists ready to answer your questions.

*Limit 5,000 points within one transaction. Participating exclusive brands include Walgreens, Good & Delish, Nice!, Ology and Well Beginnings. Balance® Reward restrictions apply, see terms and conditions for full details.

iheartwags.com



\$5 off

with card
Walgreens
Digital Temple
Thermometer



buy 1 get 1
50% off*

with card Walgreens
Children's Ibuprofen,
Acetaminophen or Allergy
• Suspension, 4 oz. • Junior
Chewable or Meltaways, 24 ct.
• Infants', .5 to 2 oz.
• Wal-Dryl®, Wal-Zyr™ or
Cough/Cold, 4 oz.

*Of equal or lesser price

Some children with ADHD
show sensitivity to food dyes,
including dyes in medications.
Look for "dye-free" medications
to avoid making your child's
symptoms worse.

—Dr. Lisa Thornton,
renowned pediatrician

Support Your
**BABY'S IMMUNE
SYSTEM**



2/23⁹⁸

Well
Beginnings™
Infant Formula



2/1⁴⁸

Well Beginnings™
Baby Food, 4 oz.



Order from
an expanded
selection of
baby products at
Walgreens.com.

Enjoy free
shipping
after \$25.

See website for details.

**POINTS
ADD UP
QUICKLY
AND CAN BE**



**REDEEMED FOR DOLLARS OFF
YOUR NEXT PURCHASE!***

5,000 points =



off your
next
purchase

10,000 points = **\$10**

18,000 points = **\$20**

30,000 points = **\$35**

40,000 points = **\$50**

**THE MORE POINTS YOU GET,
THE BIGGER YOUR reward.**



**CHECK
your POINT
BALANCE**

on the bottom of your
receipt, online or through
the Walgreens mobile app.†

*Due to state and federal laws, points cannot be earned or redeemed
on some items, and points will not be earned in a transaction
where Redemption Dollars are used. For terms and conditions, visit
Walgreens.com/Balance.

†Message and data rates may apply

Well Beginnings™ products are
**100%
SATISFACTION
GUARANTEED**



de
LISH™

ihcartwags.com

Premium taste without
the premium price



**AN
IMPRESSIVE
SPREAD**

of hors d'oeuvres at
your next gathering
has never been easier.

3⁹⁹

with card Good & Delish™
Appetizers, 4 to 8.6 oz.

APPS?

DINNER?

MAIN COURSE.



imported from
ITALY

3⁹⁹ *with card
and coupon*

Good & Delish™
Extra Virgin
Olive Oil, 16.9 oz.

2/\$5

or 2.99 ea.

with card
Good & Delish™
Pasta Sauce,
23.5 oz.

1⁷⁹

with card
Good & Delish™
Organic Pasta,
16 oz.

OUR FLOW CHART
will help you decide which
Good and Delish™ premium
product to choose.

**LET'S
START!**
DO YOU WANT DINNER OR A SNACK?

So many
SCRUMPTIOUS

SNACK TIME!

SWEET TOOTH?

I'M ENTERTAINING.



**NO ARTIFICIAL
colors, flavors or
preservatives**

2/\$3

or 1.99 ea.

with card
Good & Delish™
Salsa, 16 oz.

2⁹⁹

with card Good
& Delish™ Tortilla
Chips, 13 oz.

I WANT
SOMETHING LIGHT.



I WANT
SOMETHING
MORE FILLING.

100% FRUIT
with no
added
sugar

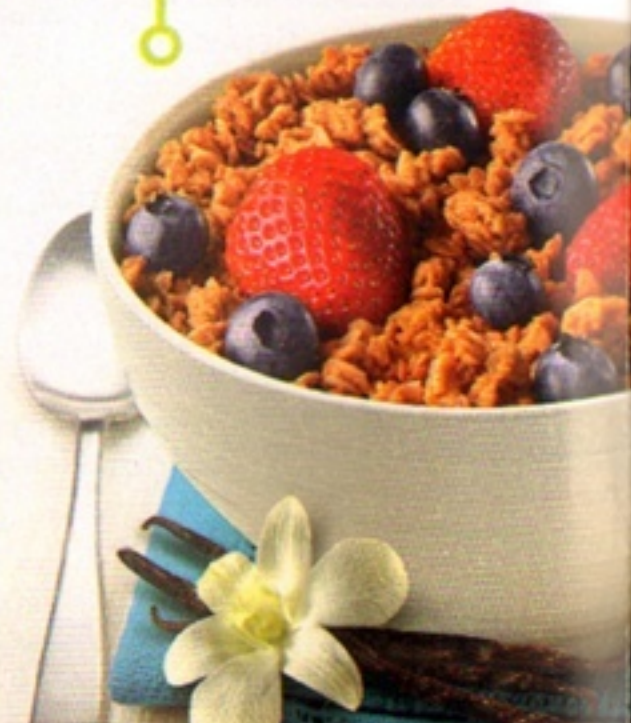
2/\$5

or 2.99 ea.

with card Good &
Delish™ Freeze-dried
Strawberries
or Apples, 1 oz.

3⁹⁹

with card Good
& Delish™ Gluten-
free Granola, 12 oz.
Chocolate Chip or
Vanilla Maple.



ihcartwags.com



4⁹⁹

with card Good & Delish™
Moose Tracks Ice Cream
Sandwiches, 3 pk.

DESSERT?

WHAT FLAVOR?

JUST COFFEE,
PLEASE.

WHETHER RELAXING AFTER A GOOD MEAL or just
starting your day, this 100% ground Arabica
coffee is a delicate and smooth treat.



6⁹⁹

with card Good & Delish™
Coffee, 12 pk. Single cups.

With strawberries, pie crust
pieces and super premium
cheesecake ice cream, this
starlet is **SURE TO BECOME FAMOUS!**

2⁹⁹

with card Good & Delish™
Premium Ice Cream, 1 pint.



Tune in for a
SWEET
SHOWDOWN

Catch the two-part finale of
ALL-STAR CELEBRITY
APPRENTICE on NBC May 12
and May 19, to see Good &
Delish™ make a **special guest**
appearance!

ALL-STAR CELEBRITY
APPRENTICE



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THE APPRENTICE YOU'RE FIRED, YOU'RE HIRED, and all related
logos and slogans are trademarks of JMBP, Inc. All rights reserved.

CHOICES...

CHOCOLATE?

NO, THANKS.

I'd rather have some
butter-infused pecan
shortbread cookies.

YES, PLEASE!

How's premium
dark chocolate with
caramel and sea
salt sound?



3⁴⁹

with card Good & Delish™
Chocolate Candy, 5 to 6 oz.



2/\$5
or 2.99 ea.

with card Good & Delish™
Butter Pecan Praline
Shortbread Cookies, 5 oz.



when you purchase \$30
of participating Walgreens
exclusive brands.*

Well at
Walgreens

de
LISH

ology

Nice!

Well
Beginnings

5,000 points =



off your
next
purchase

*Limit 5,000 points within one transaction. Participating exclusive brands
include Walgreens, Good & Delish, Nice!, Ology and Well Beginnings.
Balance® Rewards restrictions apply, see terms and conditions for full details.

theartwags.com



FUN in the SUN



5.99 Living Solutions™
2 Liter Plastic Pitcher



24.99 Living Solutions™
Portable BBQ Grill



2.99 Living Solutions™
Dip Bowl With Spreader



4.99 **with card** Patriot®
Happy Hour Candles, 10 oz.



2/\$7 or 3.99 ea. **with card**
Nice!™ Coconut Water, 4 oz.
Plus deposit where required.



4.99 Nice!™ Chicken
Nuggets, 29 oz.



5.49 **with card** Nice!™
Magic Mix or Trail Mix, 26 oz.



3.99 Living Solutions™
Serving Bowl, 10 in.

Alison Sweeney's SIMPLE STEPS TO A HEALTHY SUMMER



BE ACTIVE. I try for a variety of activities to avoid an exercise rut. Find a few simple exercises you enjoy, even if it's just a walk around the block, and make them part of your daily routine all summer long.

WEAR SUNSCREEN. Once I found a sunscreen I liked, I bought several bottles—for the house, the car, anywhere I go—to make sure I always have some on hand.

EAT FRESH. Try different fruits and vegetables and find the ones you love (for me, it's strawberries and blueberries).

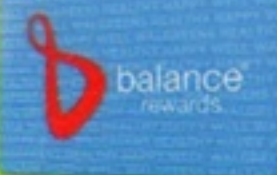
STAY HYDRATED. Doctors generally recommend we drink at least 64 ounces (about eight glasses) of water each day. I have a favorite water bottle that I take almost everywhere and refill wherever I can.

PACK SMART. When you're on the road, bring a healthy lunch and snacks to enjoy, and make sure you pack light clothes and the appropriate shoes for a little physical activity wherever you go.

20 PTS
PER MILE

GET POINTS

when YOU WALK OR RUN*



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the Great OUTDOORS



7⁹⁹

Living Solutions™
Ceramic Double
Wall Planter



4⁹⁹

Living Solutions™
Solar Spotlight

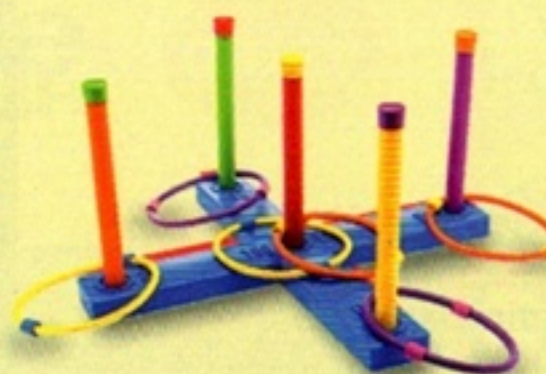
4⁹⁹

with card
Living Solutions™
Charcoal
Briquettes,
8.3 lbs.



6⁹⁹

Play Right® Ring Toss



*Due to state and federal laws, points cannot be earned on some items, and points will not be earned in a transaction where Redemption Dollars are used. For terms and conditions, visit Walgreens.com/Balance.
*Limit 20 points per mile, 2000 points per month



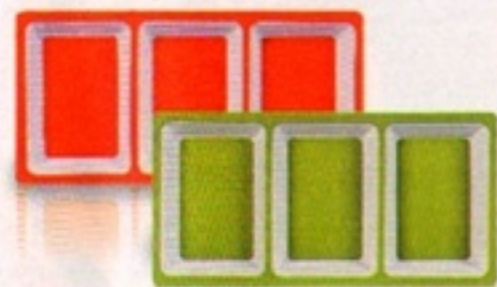
2.99 with card Nice!™
Ice Cream Novelties

- Sundae Cones, 6 pk.
- Sandwiches or Bars, 8 pk.
- Junior Pop Ice Pops, 12 pk.



buy 2 at 99¢ ea. get 1 free
with card Sparkling Water

- Nice!™, 16.9 oz.
 - Good & Delish™, 1 liter.
- Plus deposit where required.



2.99 Living Solutions™
3-Section Dish, 12 in.



14.99 Living Solutions™
Beverage Tub With Handles
Assorted colors.

Play it SAFE

WALGREENS NEW CONTINUOUS SPRAY TECHNOLOGY is making a big splash in first aid! It's an easy-to-use, convenient way to combat summer's common culprits, from poison ivy and bee stings to scraped knees and sunburns.

Unlike thick and gooey creams and gels, continuous spray products are hygienic, quick and simple to apply—they even spray upside down!



buy 1 get 1 50% off*
with card Walgreens
Continuous Spray Sport
Sunscreen, 6 oz. and
Sunscreen Lotion, 10 oz.
*Of equal or lesser price

WALGREENS SUNSCREENS are BROAD-SPECTRUM,

protecting you from both UVA and UVB rays.

That way, you'll help keep your skin healthy—without hiding from the sun.

UVA are the sun's rays you come in contact with most frequently. They have longer wavelengths that penetrate the middle layer of your skin and lead to tans instead of burns. Even though UVA rays can increase the rate of melanoma over time, many sunscreens don't protect against them.

UVB are the rays responsible for sunburn. Their shorter wavelengths do damage to the outer layer of your skin. Prolonged exposure to UVB rays is the primary culprit of skin cancer.



Walgreens Liquid Bandage Spray, 1 oz.,
Triple Antibiotic Spray, 2 oz.
and Bite & Sting Relief Spray, 3 oz.



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2 first aid products
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buy 1 get 1 50% off*
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Antibiotic Bandages,
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*Of equal or lesser price



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Maximum Strength
Hydrocortisone, 1 oz.
*Of equal or lesser price

Wilde at HEART

Olivia's hair color
shade is
LIGHT GOLDEN
BROWN 54G



Olivia Wilde, star of *House* and *The Incredible Burt Wonderstone*, shares her beauty secrets.

How do you use beauty to express yourself?

I think everyone should celebrate inner beauty and have fun with the canvas that is our faces and bodies. I've enjoyed learning about the world of beauty and how to have fun with makeup, hair products and fashion. For me, it's all about self-expression; it's not about trying to match a certain standard of beauty.

What's your one desert island beauty product you can't live without?

I cannot live without eyeliner—I love the Revlon® ColorStay™ Crème Gel Eye Liner. It's easy to use and stays on all day long!

What products do you look forward to breaking out of your makeup bag every spring?

Definitely fun colors of lipstick, like those in Revlon®'s ColorStay Ultimate Suede™ lipstick line. There are so many shades to choose from that you can change up your colors based on the season.

What beauty products do you always use to get ready for a big event?

I tend to wear heavier eye makeup, so it would have to be eye shadow, a good liner (gel or liquid) and mascara. And a great lip color!

You're often changing your hair color for film roles. Do you prefer being blonde, brunette or redhead?

I've done quite a few colors and had fun with all of them! But my favorite has been brunette, a little darker than my natural hair color. It's a very warm shade. One thing I love about being a brunette is that people don't expect you to be as much fun because they've always heard about the blondes!

What advice would you give to a woman who wants to change up her look?

Be honest with yourself about what actually makes you feel good, what you are comfortable with—and that will make you feel beautiful. Then, why not play with makeup and hair color?

What's your favorite part of being a Revlon® Brand Ambassador?

I think Revlon® does a great job embracing who we are as women and encouraging us to have fun with beauty. They are not about creating a mask with makeup but triggering inner confidence through beauty. It is really an optimistic stance on the world of beauty.



7⁹⁹

with card Revlon®
ColorStay Ultimate
Suede™ Lip Color



6⁴⁹

with card
Revlon®
Luxurious
ColorSilk
Buttercream™
Hair Color

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to nourish



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to hydrate



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to condition

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*Limit 5,000 points within one transaction. Participating exclusive brands include Walgreens, Good & Delish, Nice!, Ology and Well Beginnings. Balance® Rewards restrictions apply, see terms and conditions for full details.

UNLEASH



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PRESENTS
Fergie



\$1 off

with card wet n wild®
Fergie Cosmetics

Created in partnership with global pop icon Fergie, this exclusive collection reflects her versatility—from glam to hip to edgy. Fergie shares her perspective on style, passion and her new line of color cosmetics.

KNOW WHAT YOU WANT TO STAND FOR: To be successful, you have to have a point of view that is distinct. With the Fergie Center Stage Collection, I've created a high-fashion, high-performance line that reflects my unique style, with products made for the spotlight, the runway, the glamorous life.

COLOR IS QUEEN: Color is central to my look and my line. Yes, we all need some neutrals—but this is about beauty and self-expression, and color reflects our lives, and all its joys and passions. That is why the Fergie Center Stage Collection is made up of bold, compelling shades. We used the richest, most vibrant pigments we could find to create these bold colors. And using this quality of pigment not only makes for astounding shades of nail polishes, eyeshadows and lipsticks, it improves the products' wear.

DON'T FORGET "PURSE APPEAL": For me, the ultimate compliment is when a woman pulls one of my products out of her purse and takes pride in showing off the

ASK YOUR WALGREENS BEAUTY ADVISOR

SUMMER BEAUTY *heats up*



I'm going to a wedding. How can I look fab?

A glamorous look doesn't have to mean spending big bucks at the salon. Give yourself a home manicure and finish your look with a colorful accent, like Studio 35 Beauty™ 3D Nail Appliqués. For flawless makeup application, try Studio 35 Beauty™ Professional Face Brushes. And finish your look with a sleek, DIY hairstyle like a sock bun, waterfall braid or voluminous ponytail. (To learn how to execute these looks, visit our Happy and Healthy blog at Walgreens.com/HHB.) Voilà—a fabulous new look, all done at home.



4.99

with card Studio 35
Beauty™ Nail Appliqué
or Foils, 16 pk.

Answers
at **Walgreens**™



25% off

with card Studio 35
Beauty™ Professional
Sponges, Brushes or
Brush Kits

How can I apply self-tanner without streaks or looking orange?

Choose a self-tanner that's only about two shades darker than your natural skin tone. Before applying a bronzer like the ones from Studio 35 Beauty™, exfoliate all over for smooth skin, focusing especially on elbows and knees—self-tanner develops more deeply on rough or dry areas. Once your skin is dry, apply the bronzer like body lotion. To prevent streaking, rub a damp washcloth over tricky spots, including your feet, ankles, elbows and knees. Finally, wash your hands thoroughly to avoid orange palms.



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and
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A NEW LINE
OF COSMETICS
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gorgeous packaging, sharing with her friends how good it feels in her hand. We've focused on the smallest of details, from the curve of the compact to the weight of each product, to ensure that critical "oooooh" moment.

THE PERSONAL TOUCH: There is an amazing team of creative directors and makeup artists who work with me on my line. But if you are putting your name on it, you have to put your spin on it, and for me that comes through clearest in the shade names. Each means something to me, from where I've come from to the people who were with me on the way, to where I want to go.

TRICKS OF THE TRADE: From my experience on stage and on the runway, I've gathered a stash of tips and tricks for creating fabulous looks—and I relish the opportunity to share those with others. So I've put together some of my favorites on the web. You can scan the QR code on this page or on the fixture in store and get tips and tricks on application. I hope you use these as a launching point for creating your own style, and feel free to share your look with us on the wet n wild® Facebook page. The products for my current favorite look are pictured.

HAVE FUN: I love what I do and I do what I love...



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\$1 off
with card wet n wild®
Fergie Cosmetics

..... GET THE
Fergie Look
Scan this QR code for more of her beauty tips.

Griselda
WALGREENS BEAUTY ADVISOR



How do I keep makeup from sweating off?

You'll want to start with fresh, clean skin. Try Studio 35 Beauty™ Cucumber Peel-Off Mask—the cucumber extract helps keep your skin silky and smooth. Next, apply an oil-free SPF moisturizing lotion. The lightweight formula won't clog pores, allowing your skin to "breathe" despite the heat. Finally, try a primer, which absorbs extra oil so your skin stays shine-free and fresh-looking all day. You can wear the primer by itself or under a matte foundation—whichever you prefer.



5/\$5
or 1.29 ea.
with card
Studio 35
Beauty™ Masks

INTRODUCING

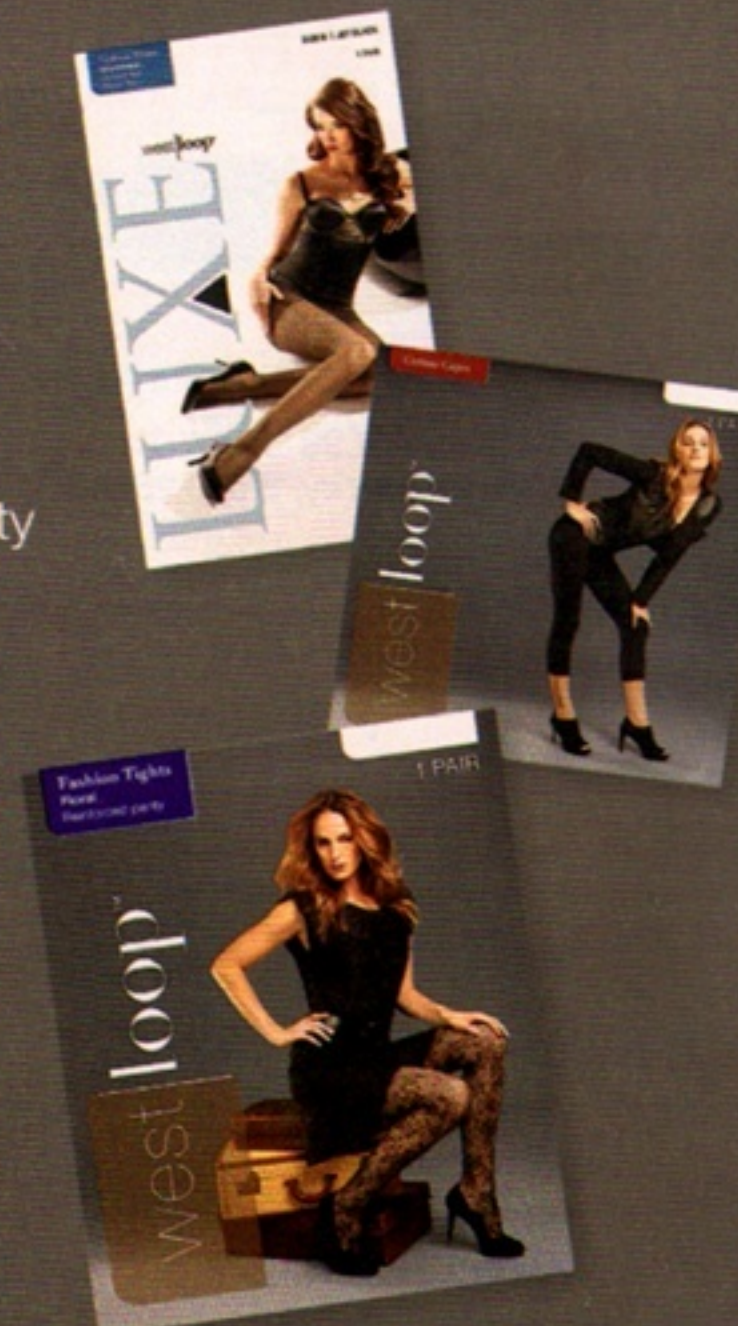
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You won't find a bad view in this massive, majestic park. But for the crème de la crème, add cloud-watching at Cape Royal to your itinerary.

For more GREAT TRIP IDEAS, visit the Happy and Healthy blog. Head to Walgreens.com/HHB.



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Nice!™ Jerky, 3 or 3.25 oz.



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Good & Delish™ Kettle Cooked Potato Chips, 8.5 oz.



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• Blueberry Nut Blend, 7 oz.
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is our tradition of hitting the road and discovering
our great country by car. Here are some essentials
for the road.

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when you have a cell
phone? Popular sites
in the park have signs
with a number to call
for informational narrations.



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Lemonade, Pink Lemonade or Wild
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Chocolate Bar, 10.5 oz.**



Good & Delish™ Mini Treats
• S'mores, 5.75 oz.
• Red Velvet Caramels, 6 oz.
• Sandwich Cookies, 8 oz.



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Nice! Well Beginnings

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Nail Polish
Remover Pump,
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Mini Treats • S'mores, 5.75 oz.
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W Alkaline
Batteries AA
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Walgreens
Sinus Relief
• Neti Pot or Nasal Wash Kit
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Tablets, 96 ct.
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Studio 35 Beauty™
or W Cotton Swabs
or Textured Rounds, 80 to 375 pk.
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Walgreens
Diabetic Nutritional
Shakes, 6 pk.
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Walgreens Certainty®
Protection • Pads, 52 pk.
• Underpads, 10 to 36 pk.
• Underwear, 10 to 34 pk.
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Good Sun. 4/21
thru Sat. 5/18/13



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WEEKLY COUPONS

page 23

Good Sun., April 21 thru Sat., April 27, 2013

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Meatballs, 16 oz.
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2⁴⁹

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Cashews,
8.5 or 9.5 oz. Limit 3.
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1⁹⁹

24-Pack Nice!™
Purified Water, 16.9 oz. ea.
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Good Sun. 4/21
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Good Sun., April 28 thru Sat., May 4, 2013

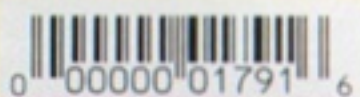
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Nice!™ Loaded
Potato Skins, 4.5 oz.
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Balm, 2 oz. Limit 3.
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Peaches or
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24.5 oz. Limit 4. No limits in NM.
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2 lbs. Limit 3.
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thru Sat. 5/11/13



1⁴⁹

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Potato Chips, 8.5 oz.
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5⁴⁹

Good & Delish™
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thru Sat. 5/11/13



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Nice!™ Magic
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Good Sun., May 12 thru Sat., May 18, 2013

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2GB Micro SD
or 4GB SDHC Memory Card.
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81 or 135 pk. Limit 3.
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thru Sat. 5/18/13



1⁴⁹

Patriot Candles®
Wax Melts, 6 pk.
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Good Sun. 5/12
thru Sat. 5/18/13



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