

5 ways to stay healthy with Co-op Connections

Local Co-op Connections Card businesses offer deals on five areas of good health. Read on to discover how you can save while keeping your body in tip-top shape. See our Web site for complete details about these and other offers.



1. Keep those pearly whites in great shape with a visit to Associates in Dentistry in Bartonville and Peoria. Save 5% on all services paid in full at time of service.

The Academy of General Dentistry says that your smile tells dentists a lot about your overall health, including whether or not you may be developing a disease like diabetes. When your mouth is healthy, chances are your overall health is good, too. On the other hand, if you have poor oral health, you may have other health problems. Research also shows that a healthy smile may actually prevent certain diseases from occurring.



2. Need your eyes checked? Bond Eye Associates in Pekin offers 15% off a complete pair of eyewear or sunwear (excludes contact lenses). Bard Optical locations in Decatur, Jacksonville, Lincoln, Pekin and Peoria offer savings of 10% on disposable or specialty contacts and 20-40% on all other eye care products. Preferred program providers receive a reduced exam fee.

WebMD states that most diseases of the eye can be treated if they are found early enough, and recommends an eye appointment every one to two years.



3. Do you visit a chiropractor? Doyle Family Chiropractic in Jacksonville offers 50% off your first visit (some Medicare and insurance restrictions apply) and Reese Family Chiropractic in Jacksonville offers 10% off nutritional products, custom orthotics and support pillows (excludes professional services).

4. Ask your doctor about taking supplements and visit the Medicine Stop of Peoria Pharmacy to save 5% on vitamins, over-the-counter medicines and prescriptions.



5. Keeping physical fitness a part of your life all year round can be a key element to staying healthy. Check out Dunham's Sports in Jacksonville and Peoria for 10% off non-sale purchases (some restrictions apply—see our Web site for details). Visit BikeTek in Springfield to get \$5 off a tune-up to get your bike in top shape for spring and summer riding. Or visit Curves in Petersburg to get 50% off signup and the first month free to start on a new fitness adventure (new members only).

