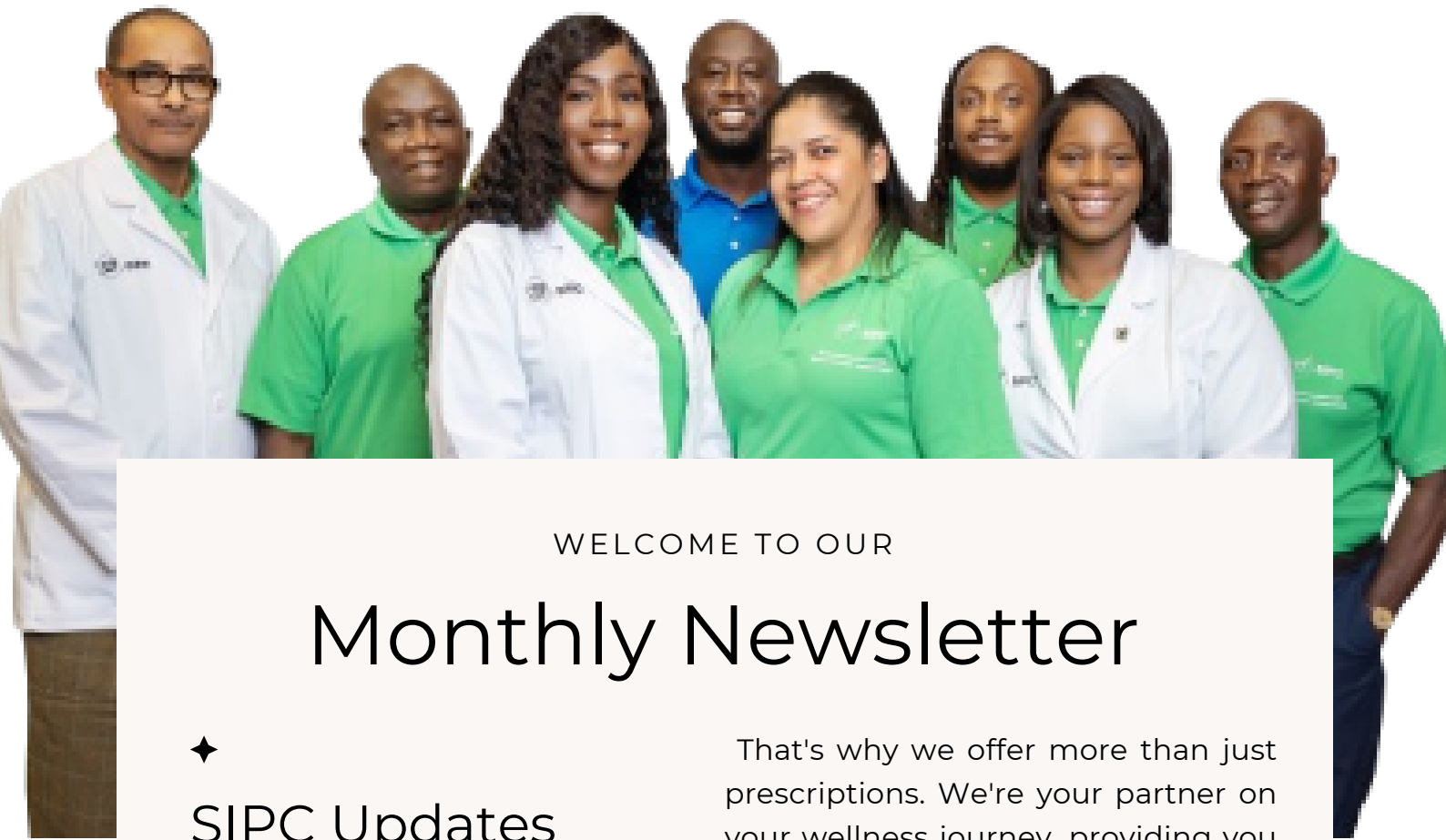


SIERRA INTERNATIONAL PHARMACEUTICAL CORPORATION



WELCOME TO OUR

Monthly Newsletter



SIPC Updates

Hey there, Health Champions!

We're thrilled to welcome you to Sierra International Pharmaceutical Corporation Pharmacies, your one-stop shop for wellness and a healthier, happier you!

We believe that taking care of yourself should be easy, enjoyable, and rewarding.

That's why we offer more than just prescriptions. We're your partner on your wellness journey, providing you with the resources and support you need to thrive.

Whether you're looking to manage a chronic condition, boost your energy levels, or simply live a healthier life, we've got you covered. Let's dive in together and make healthy living fun and rewarding!



Sierra International Pharmaceutical Corporation
Capital Hill Pharmacy · Columbia Heights Pharmacy · Neighborhood Pharmacy



In this newsletter you will find:

SIPC Loyalty Program, weight loss tips, Mother's Day Picks, and more.
Keep Reading!



SIPC: Your Partner in Health and Savings

JOIN OUR LOYALTY PROGRAM TODAY!

Unlock a world of exclusive benefits, discounts, and rewards designed just for you. Let's dive in and start saving while you thrive!

1. Refer a Friend, Earn Rewards!

Spread the love and reap the rewards with our referral program! When you refer a friend to any SIPC Pharmacy locations and they become a customer by filling prescriptions with us, you'll receive a one-time \$20.00 store credit. It's our way of saying thank you for helping us grow our community of wellness warriors!



2. New Customer Special: Welcome to the SIPC Family!

Welcome aboard! Enjoy a special discount of 10% OFF on your first purchase on any of our locations. It's our way of saying hello and welcoming you to our family with open arms.



Happy Birthday to You: Celebrate with a Special Gift!

Birthdays are meant to be celebrated, and we're here to make yours extra special! Enjoy 25% OFF on all of your store purchases on your birthday!



4. Shop, Earn, Redeem: It's as Easy as 1-2-3!

Earn loyalty points with every purchase you make at any SIPC Pharmacy locations. Accumulate points and redeem them at any time for discounts or rewards. It's our way of saying thank you for choosing us as your partner in health and savings!

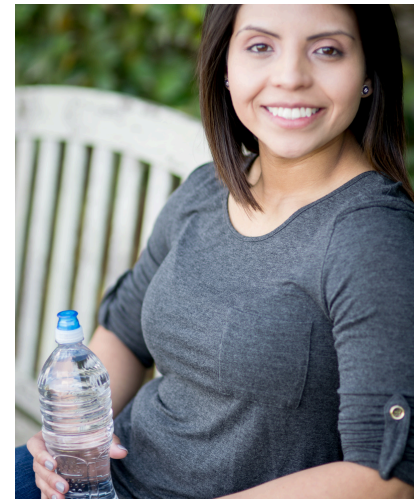


For the Health Enthusiast in you!

Top Tips for Effortless Weight Loss

Ready to kickstart your weight loss journey and achieve your goals with ease? Check out our top tips for success:

- **Stay Hydrated:** Keep your body happy and healthy by drinking plenty of water throughout the day. Not only does hydration support weight loss, but it also helps keep cravings at bay and boosts your energy levels.
- **Move Your Body:** Find activities you enjoy and make exercise a fun part of your daily routine. Whether it's dancing, hiking, or practicing yoga, staying active is key to burning calories and maintaining a healthy weight.
- **Fuel Your Body with Nutrient-Rich Foods:** Focus on filling your plate with whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains. These nutrient-rich foods not only support weight loss but also nourish your body from the inside out.
- **Introducing GLP-1: Your Secret Weapon for Weight Loss.** With GLP-1, you can kiss crash diets goodbye and say hello to sustainable results and improved overall health. It's time to unleash your inner superhero and embark on a journey to a slimmer, healthier you!





Chilling Station

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

4	3	6				8		2
	9		2		4			
							9	4
		7	5			4		
1	4		6		8	9	2	5
	5	2	9			7	8	
		9	4	6	5	2	7	8
8	6	4	7	3	2		1	
			8	1				6

**WEIGHTLOSS
SEMAGLUTIDE
MOTHER
WELLNESS
HEALTH
SIERRA**

**PHARMACY
SAVINGS
DISCOUNT
REFERRAL
REWARD
LOYALTY**

Solution

7	2	5	8	1	9	3	4	6
8	6	4	7	3	2	5	1	9
3	1	9	4	6	5	2	7	8
6	5	2	9	4	3	7	8	1
1	4	3	6	7	8	9	2	5
9	8	7	5	2	1	4	6	3
2	7	8	3	5	6	1	9	4
5	9	1	2	8	4	6	3	7
4	3	6	1	9	7	8	5	2



Moms' Corner

HAPPY Mother's Day



Happy Mother's Day to all the amazing moms out there! We at SIPC, would like to send a very special shout out to all of you. You juggle so much and put the health and happiness of your families first. Take some time for yourselves today, and every day, to recharge and keep being the incredible moms you are!



Celebrate Mother's Day with Essential Wellness Picks

Embrace the journey to wellness with these must-have products tailored for mothers:

- **Nourishing Supplements:**

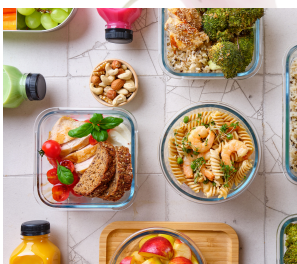
Enhance your daily nutrition with premium supplements crafted to support your overall well-being. Fill any nutritional gaps and boost vitality with our meticulously curated selection.

- **Nurturing Meal Replacement Shakes:**

Busy moms, rejoice! Stay on top of your wellness game with our scrumptious meal replacement shakes. Packed with essential nutrients, they're the perfect on-the-go solution to fuel your day with energy and satisfaction.

- **Fitness Essentials**

Amp up your exercise routine with our array of fitness essentials. Whether you're a yoga enthusiast or a cardio queen, we've got you covered with top-quality gear like resistance bands, yoga mats, and more. Get ready to crush your fitness goals and enjoy the journey every step of the way!



Wholesome and Delicious Meal for Mother's Day!

Indulge in the flavors of the season with our mouthwatering recipe.

Ingredients:

- Boneless, skinless chicken breasts
- Fresh spinach leaves
- Crumbled feta cheese
- Garlic powder, salt, and pepper to taste

Instructions:

- Preheat oven to 375°F (190°C).
- Cut a pocket into each chicken breast.
- Stuff each breast with spinach leaves and crumbled feta cheese.
- Season with garlic powder, salt, and pepper.
- Bake for 25-30 minutes or until chicken is cooked through.
- Enjoy with your favorite side dish for a nutritious and satisfying meal!

