

Fight winter bugs + get healthy for the new year.\* Here's how >

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# The Monthly Check-Up



## Happy New Year!

What resolutions did you make as the ball dropped? If you're making healthy lifestyle changes like giving up smoking, we can help. We're also here to help you feel better if any winter bugs come your way.

### Coughs Sniffles Sneezes

Come in and feel better faster.

**FREE**  
coupon pack  
with your visit.\*


[Get details >>](#)

 **Health Bytes**

### Smoothie your way into 2012.

This spectacular smoothie recipe makes ringing in the New Year even more of a treat.

[Make yours >>](#)

 **Timely Advice**

### 6 tips to exercise success.

Resolve to exercise more this year? Here are great ways to stay on track and achieve your fitness goals.


[Get tips & tricks >>](#)

### It's not too late!

Flu shots. Every day at MinuteClinic.\*\*


**You vs Flu**  
YOU WIN with a flu shot

[Come in today >>](#)

 **Health Minute**

### Everyone loves a quitter.


Stop smoking with our smoking cessation program. Find helpful information about this new service and watch a video.



[Start to stop >>](#)

### Need a meningitis vaccination?

Texas college students are among those who do. Get yours here!



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 **Where can you find us?** [Find a location >>](#)



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\*Coupons not valid in MA, NY and TX. Available while supplies last. Limit one per customer. Some restrictions apply. Offer expires 3/31/12.

\*\*MinuteClinic vaccinates children 18 months or older in most states; 24 months or older in Massachusetts. Flu shots available while supplies last. MinuteClinic employs physician assistants in MN, NV, NC and TX.

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