

January/February/March 2008

Soundmind Soundbody

A publication from your trusted Leader® pharmacy

**Drug therapy
adherence:**

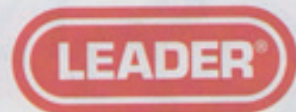
**Have you taken
your meds today?**

**Healthy eating for
a healthy heart**

**Fighting the
common cold**

*Sleep problems
for the elderly*

**STOP
SMOKING**



Trusted care from people you know

Courtesy of your local Leader® pharmacy



Kathy Boston, left, founded Kathy's Care Cards, a line of cards for people experiencing life altering events. Tish Neuhardt, center, a cancer survivor and friend of Kathy, was the inspiration for the line of cards. Kelly Howe, at right, assists Kathy with writing and marketing for Kathy's Care Cards.

Making A Difference *One Card at a Time*

Kathy Boston, R.N., looked for cards to express the emotions she felt when her friends were going through chemotherapy for cancer, but was unable to find more than simple sympathy or get-well cards. It was then when she realized there was a tremendous void in the greeting card industry and so she set about trying to fill it. She founded Kathy's Care Cards not only to provide love and support to her own friends, but for people everywhere going through life-altering events and the people who supported them.



www.kathyscarecards.com

Kathy's Care Cards are absolutely unique—with beautiful artwork donated by caring artists from around the world and heartfelt sentiments that actually address life-altering events such as cancer, miscarriage, hospice, heart disease, depression, addiction and many more. "As a nurse, I have seen that the healing process can be hastened by acknowledging the event or illness and receiving help from people who care," said Kathy. "It is often difficult for friends and loved ones to communicate their feelings—that is why I referred to nurses, patients, caregivers as well as my own experiences to develop this beautiful line of cards." Many times people don't know what to say; so they don't say anything. During these difficult times is when those who are suffering really need to know there are family and friends who truly care about them.

*From my heart to yours...
Send a card that cares®*



There is nothing I can do to heal your broken heart, but to tell you I care.



*Life is like a quilt.
Your experiences give it
color and texture.
Let cancer be just a small patch
in the quilt of your life.*



*Don't think you're going to have to go through this alone.
I am here for you.*



*Angels may have halos and wings
but my angels come with
washcloths and ice chips.
Thank you for all that you do for me.*

Ask your pharmacist to stock Kathy's Care Cards®

Copyright 2007 Kathy's Care Cards®

Sound mind. Sound body. is not intended as medical, legal or regulatory advice. The information provided is intended to educate and inform. Please consult with your physician or licensed professional for advice and before starting a new diet or exercise program. Leader Drugstores, Inc. and its affiliates and member pharmacies disclaim all liability arising from or related to reliance on information contained in *Sound mind. Sound body.*