

Sterling

February 2019

STOREWIDE SAVINGS

40% Off

artwork & vases

35% Off

decorative mirrors*

25% Off

clocks

30% Off

candle warmers

30% Off

pillows*

35% Off

artificial florals

35% Off

battery
operated
candles

25% Off

Yankee Candle
products

40% Off

Vance Kitira



Product
of the
Month

*Not available at all locations.

35% Off

Lifefactory water bottles

25% Off

dish towels
& dishcloths

20% Off

gourmet food & glassware*

25% Off

kitchen
gadgets

35% Off

slippers*

25% Off

jewelry

30% Off

Baggallini products

35% Off

clothing

20% Off

puzzles

25% Off

plush toys

20% Off

children's books

35% Off

Natural Inspirations
bath & body products

35% Off

Thymes bath
& body products*

Keep Your Heart Healthy by Knowing Your Numbers

One of the best ways to keep your heart healthy is by controlling your blood pressure. **HIGH BLOOD PRESSURE CAN DAMAGE YOUR HEART** in a number of ways, and for each rise in blood pressure of 20 mm Hg systolic (top) or 10 mm Hg diastolic (bottom), your risk of heart disease doubles.



The first step in controlling your blood pressure is knowing your numbers. The process is fast, simple, and free. Visit our pharmacy today and take a couple of minutes to check in on your heart health.

NORMAL BLOOD PRESSURE is less than 120 mm Hg systolic and 80 mm Hg diastolic.

For adults, **HIGH BLOOD PRESSURE** (hypertension) is when blood pressure is higher than 140 mm Hg systolic and/or 90 mm Hg diastolic. **HIGH BLOOD PRESSURE IS DANGEROUS** because it makes the heart work too hard and leads to hardening of the arteries, increasing your risk of heart disease and stroke.

FOR MORE INFORMATION on blood pressure and ways to keep your heart healthy, talk with your Sterling pharmacy team and visit YourSterlingPharmacy.com.

Category	Systolic (mm Hg)	Diastolic (mm Hg)
Normal	119 or lower	79 or lower
Prehypertension	120-139	80-89
Stage 1: High BP	140-159	90-99
Stage 2: High BP	160 or higher	100 or higher



February is Heart Health Month, and one of the best ways to keep your heart healthy by controlling your blood pressure numbers. Enter to win by taking your blood pressure today!

Take your blood pressure and enter to win a "Relax with Sterling" gift basket valued at \$160!

Sterling REWARDS for Rx Customers

Not a Sterling Rewards member?

Talk with a Sterling associate to sign up
and begin earning rewards today!

BUY 1, GET 1 FOR 1¢ Yankee Candle Products



Valid 1.31 – 2.27.19. Limit 4 penny items. Paid item is at regular price. Penny item is of equal or lesser value. No other discounts apply. No adjustments on prior purchases. No rain checks. Sale and coupon prices valid for purchases made in Austin, Buffalo, Fairmont, Hastings, Le Sueur, Owatonna, Rushford, and Worthington. While supplies last.

Sterling REWARDS

50% OFF Greeting Cards

As a loyal pharmacy customer, enjoy our special thank you offer!

Actual coupon can be picked up at the pharmacy counter with your prescription.

Monthly Coupons

Sterling Valid 1.31 – 2.27.19

Decorative Objects

40
% Off

Valid 1.31 – 2.27.19. Limit 2. Discount is off the regular price. No adjustments on prior purchases. No rain checks. Limit one coupon per customer per day. Sale and coupon prices valid for purchases made in Austin, Buffalo, Fairmont, Hastings, Le Sueur, Owatonna, Rushford, and Worthington.

Sterling Valid 1.31 – 2.27.19

Furniture

Not available at all locations.

50
% Off

Valid 1.31 – 2.27.19. No limit. Discount is off the regular price. No adjustments on prior purchases. No rain checks. Limit one coupon per customer per day. Sale and coupon prices valid for purchases made in Austin, Buffalo, Fairmont, Hastings, Le Sueur, Owatonna, Rushford, and Worthington.

NO
LIMIT!

Sterling Valid 1.31 – 2.27.19

Harrington Lane Products

Includes purses, totes, and cosmetic bags.

30
% Off

Valid 1.31 – 2.27.19. Limit 2. Discount is off the regular price. No adjustments on prior purchases. No rain checks. Limit one coupon per customer per day. Sale and coupon prices valid for purchases made in Austin, Buffalo, Fairmont, Hastings, Le Sueur, Owatonna, Rushford, and Worthington.

Sterling Valid 1.31 – 2.27.19

One Denim Clothing Item

40
% Off

Valid 1.31 – 2.27.19. Limit 1. Discount is off the regular price. No adjustments on prior purchases. No rain checks. Limit one coupon per customer per day. Sale and coupon prices valid for purchases made in Austin, Buffalo, Fairmont, Hastings, Le Sueur, Owatonna, Rushford, and Worthington.

Sterling Valid 1.31 – 2.27.19

Yogi Tea or Republic of Tea

BUY 1
GET 1
FREE

Valid 1.31 – 2.27.19. Limit 2 free items. Paid item is at the regular price. Free item is of equal or lesser value. No other discounts apply. No adjustments on prior purchases. No rain checks. Limit one coupon per customer per day. Sale and coupon prices valid for purchases made in Austin, Buffalo, Fairmont, Hastings, Le Sueur, Owatonna, Rushford, and Worthington.

Sterling Valid 1.31 – 2.27.19

Willow Tree Figurines

40
% Off

Valid 1.31 – 2.27.19. Limit 2. Discount is off the regular price. No adjustments on prior purchases. No rain checks. Limit one coupon per customer per day. Sale and coupon prices valid for purchases made in Austin, Buffalo, Fairmont, Hastings, Le Sueur, Owatonna, Rushford, and Worthington.