



Doylestown Food Market



Just two short years ago, in the heart of Doylestown, the Doylestown Food Market opened its doors to everyone. A feast for your eyes, your stomach and your heart the Market brings you the best of Farmers' Markets and more 7 days a week all year long. Fruits, vegetables, eggs, cheeses, raw and minimally pasteurized milk and dairy products, pastured and grass fed meats free of antibiotics and added hormones, locally milled grain, bulk grain, beans, rice spices and so much more! Conveniently located at 29 West State Street in Doylestown Borough you can enjoy a wide variety of locally produced foods from more than 100 local farmers and culinary artisans. And it all tastes great!

The store is community-owned and the owners are proud to be able to tell you where your food came from, how it was grown, and the story of the people behind it! You, too, can positively influence the health of your community and local economy when you shop at the Market. Freshly grown and minimally processed foods support the physical health of our community. Supporting local farmers and small producers help build our local economy. **W4**

Store hours are Monday- Friday from 10 - 7; Saturday from 9 - 6; and Sunday from 10 - 5. www.doylestown.coop

29 West State Street, Doylestown, PA 18901
215-348-4548

5 Reasons to Schedule a Dental Exam TODAY



Often we get caught up in our day-to-day lives and neglect things like routine check-ups. Until, a problem arises like an aching tooth requiring an immediate appointment, or often an unexpected trip to the Emergency Room.

If you need some motivation - here are 5 reasons to schedule that appointment today.

1. 9 in 10 Adults Have Cavities. A recent study from the Centers for Disease Control and Prevention found that 91% of adults ages 20-64 had cavities. Further, 1 in 4 adults had untreated tooth decay.

2. Complications with Diabetes. If you are one of nearly 30 million Americans reported to be suffering from diabetes, according to the American Diabetes Association, you are also at risk of developing gum disease. Working with a dentist to develop and maintain good oral health practices could help you control your diabetes.

3. Early Detection of Oral Cancer. The American Cancer Society reports that 39,500 Americans were expected to get oral cancer in 2015. Your dentist's chair is often the first place that these cancers of the tongue, tonsils, and gums can be identified. Early detection and treatment are critical to survival.

4. Good Oral Health Means Good Overall Health. Studies continue to show that good oral health has correlations to reduced risk of diabetes, arthritis, stroke, and heart disease.

5. Save Money. If you don't have dental insurance or qualify for free care at a clinic like HealthLink, you may be deterred by the out-of-pocket cost of a dental exam. The median cost for a dental exam in the U.S. is currently \$261.00. Allowing problems to progress to a root canal could cost you between \$700 and \$900. **W4**

You may qualify for free primary dental care at HealthLink Dental Clinic. Visit www.healthlinkdental.org or call (215) 364-4247.

A PLAN FOR HEALTHY BALANCE FOR FAMILIES

June 1, 8:30 to 10 a.m.

FREE

at Chamber Headquarters

The Parenting & Family Committee is producing a free panel presentation on how to structure a healthy and balanced lifestyle for your family, with an emphasis on reducing anxiety among family members.

We believe people are **STRONGER TOGETHER**



CORNERSTONE Clubs

more than a gym...

we are a community

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New Hope
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www.cornerstoneclubs.com

