

Business / Health

ADVERTORIAL

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Local Jewelry/Gift Boutique Offers Special Purchase Promotion

MILFORD - J.M. Princewell, a fashion boutique that has been specializing in exquisite jewelry, unique gifts, clothing, accessories and home décor solutions for 7 years, announces three exclusive special Pandora Jewelry bracelet promotions starting Thursday, September 18 through Sunday, September 21.

The first offer requires a \$100 Pandora Jewelry purchase and with that a free Pandora Sterling silver classic clasp bracelet. There are infinite choices and categories in the universe of Pandora Jewelry. In North America Pandora is best known for their bracelets (in 10 styles). As a tour de Force on the International scene--- European women expect a great value and see it in Pandora rings, earrings, pendants, and necklaces (All have interchangeable options!).

Minimalists will find the new Essence collection and the Symbol bracelets (protection, lucky in love, luck, love and infinity) delightful new options (starting at \$50).

The remaining offers are quite remarkable. Been longing for a sterling silver with 14kt gold Clasp bracelet? How about a solid 14kt gold bracelet? With a \$500 P.J. purchase receive a free sterling with 14kt gold clasp bracelet (msrp \$325)! With a \$3000. P.J. purchase receive a free 14kt gold bracelet (msrp \$1525.)

As an authorized Pandora retailer, at the SIS level, J.M. Princewell holds a distinguished place in the community. For the 7th consecutive year JMP is honored as the "Best Boutique" and "Best Gift Shop" by the "Best of The Souhegan" sponsored by Chamber of Commerce. J.M.P is known as the "go to" place for specialty merchandise and unparalleled service.

Open Tuesday through Saturday 9:30am-7pm. Sundays until 5pm. Find them on Facebook or call 673-0611. Stay tuned for October's ring event!



A "Little Bit of Newbury Street" in Downtown Milford.



Community Action For Safe Teens Holds 4th Annual High School Student Leadership Training

MILFORD - Students from Hollis/Brookline, Milford and Souhegan High School recently participated in the 4th Annual High School Student Leadership Training coordinated by Community Action for Safe Teens (CAST), a committee of the Boys & Girls Club of Souhegan Valley.

The training followed the Life of an Athlete model sponsored by

the New Hampshire Interscholastic Athletic Association (NHIAA). The Life of an Athlete program is a comprehensive substance abuse prevention program that trains high school students in the areas of connecting, understanding their roles as part of a team, practice real-life skills in communication and leadership, with a focus on the impact of lifestyle choices relative to

sleep, nutrition and substance use; substance abuse prevention. Teen Institute engaged the student leaders in learning skills to positively confront behaviors of concern and increasing positive school climate as well as encouraging their peers to make healthy choices. The students also learned about the impact of media and media marketing while creating a public service announcement under the direction of

Media Power Youth. This program empowers students to encourage their peers to make healthy choices for themselves and their communities with respect to sleep, nutrition, technology and substance use.

To learn more about CAST or how to get involved visit www.cast-nh.org or contact Monica Gallant @ 769-0978.

Sunrise Children's Center Summer Reading Program Challenge

AMHERST - The children at Sunrise Children's Center in Amherst were busy this summer reading over 560 books! The teachers and families kept track of all the books that were read throughout the summer at the school and at home and the goal was to reach 500 books in the 8 week program. At the end of the summer, award winning storyteller and author, Shawn Middleton (seen here in the photo with some of the children) delighted all of the children with his stories and songs to celebrate their great accomplishment. An ice cream party topped off the day to say "We did it!" For additional information about Sunrise Children's Center and all other RSEC programs, please visit www.rsec.org.



MYO Fall Containers Workshop - FREE at Bedford Fields

Saturdays Sept 6th - 27th 10:00am

Bedford and Amherst locations

Join one of our fun "Make and Take" workshops this fall. Workshops are held Saturday mornings in September at both of our locations beginning Sept 6th through Sept 27th at 10:00 AM.

In the workshop you will learn how to use more than just mums to create a wonderful fall planter. Bring a friend and have some fun! The class is FREE materials used including plants, soil and containers are charged at regular prices. If you have your own containers, feel free to bring in and use. Typical finished planters can cost between \$29.00 and 49.00 depending on materials selected.

Leave the mess to us and make something beautiful on your own in less than an hour!

Please call 673-0446 Amherst Store, 472-8880 Bedford Store to register; or Drop in any Saturday in September at 10:00 AM



ARLNH Pets of the Week: Zoey and Zoey & Mixie

Zoey (cat) Hello, my name is Zoey and I am looking for a companion similar to my prior owner. You see, I was adored by my elderly human friend and we were best buddies for so many years. Time passed and we had a good time with cuddles, conversation and plenty of treats. I had wonderful windows to look out of and someone who talked softly to me, pet me and smiled anytime she looked at me. However, I started to see people come to the house that I had never seen before and although I looked everywhere, I couldn't find my person. People started to pack up the house and there was an overall sadness that I could feel. I ended up here at the shelter and have been very depressed for some time. I am a social eater, which means that I need to feel loved in order to eat and the staff have all worked very hard

to make me feel comfortable. If you are lonely yourself and looking for a companion to share space, time and love with you, please consider me. I am pretty low maintenance, have excellent litterbox habits and desperately want to find someone new to care for.

Zoey & Mixie (dogs) Hi, my name is Zoey, and the other dog is my sister Mixie. We are 3 year old spayed females and we need to find a home together. I can be cautious in new situations and rely on her to keep me company. We would like to be your only dogs and live with adults or older respectful children. If you would consider adopting a pair, please come meet us!

The Animal Rescue League of New Hampshire, 545 Route 101, Bedford, NH 03110. (603) 472-3647.



Zoey is looking for a loving companion.



Mixie and Zoey are sisters and would love to be adopted together.



Junior is looking for you to help support the Animal Rescuer League of NH

Benefit Flea Market for the Animal Rescue League of NH

Please join us again on Sept 13 and Sept 14 from 9 am till 3 pm. Second Avenue Consignment Shop 2 Paul's way, Amherst, NH will be hosting our bi annual Benefit Flea Market to raise money for the Animal Rescue League of NH. Animals will be on site in need of adoption. All proceeds from items sold under the big white tent will go directly to the animal shelter. If you would like to join us we have vendor lawn space available for \$20 for 1 or both days to sell your unwanted treasures. You will keep all of your sales and the \$20 space donation will go to the animal shelter.

Please show your support for the animals!!!! Call us to reserve your space @ 603-880-3323 Web site: secondavenuenh.com

St. Joseph Medical Appointment

St. Joseph Healthcare Welcomes Internal Medicine Provider Ilda M. Betancur Restrepo, MD

NASHUA - St. Joseph Healthcare welcomes Internal Medicine Provider Ilda M. Betancur Restrepo, MD, to the medical staff. She received her medical degree from the Universidad Pontificia Bolivariana, Medellin, Columbia. Dr. Betancur Restrepo completed her internal medicine residency at Harrisburg Hospital in Harrisburg, PA. Her clinical interests include shared interests in spirituality and its impact

on patient care as well as overall diabetes care, women's health, obesity and hypertension. Including English Dr. Betancur Restrepo speaks Spanish.

Dr. Betancur Restrepo has joined Nashua Medical Group located at 173 Daniel Webster Highway in Nashua. To learn more or to make an appointment with Dr. Betancur Restrepo, please visit www.stjosephhospital.com or call 891-4500.

St. Joseph Medical Programs

St. Joseph Hospital Offers Diabetes Self-Management Training

NASHUA - People with diabetes are 300 times more likely than others to suffer from cardiac-related diseases. The Diabetes Education Clinic offers help to learn more about how to keep diabetes under control and to lower the risk of serious future complications. Diabetes Self-Management Training class will be held from 1:00 PM to 3:00 PM on Mondays from September 8 through October 6 and on Thursdays, November through December 11 from 10:00 AM to 12:00 PM.

Our ADA-recognized education program offers comprehensive diabetes self-management classes five times per year at varied times of the day for your convenience. The education staff is comprised of a team of Certified Diabetes Educators from the Diabetes and Endocrinology Services Department.

For more information on Diabetes Self-Management Training, or to register, please contact the Cardiovascular and Diabetes Center at

St. Joseph Hospital at 595-3971, or visit us online at www.stjosephhospital.com.

Prepare for Surgery, Heal Faster: A Guide to Mind-Body Techniques at St. Joseph Hospital

NASHUA - Do you have an upcoming surgery? Are you receiving chemotherapy and/or radiation? Do you suffer from anxiety, headaches, migraines, insomnia or pain? If you answered "yes" to any of these questions, you may benefit from our new program "Prepare for Surgery, Heal Faster." This seminar teaches you how to use mind-body techniques to help with any and all of the above, not just surgery!

This free class will be held on Monday, September 22, October 27, November 24, or December 15, from 4:00 pm to 6:00 pm. For more information on this event, please contact Community Health Education at 595-3168 or check out our website at www.stjosephhospital.com.



Let's Get Social!

www.amherstcitizen.com

