

My Lutheran is My Guide—Half page newspaper ad

HUMAN THIGH BONES ARE STRONGER THAN CONCRETE.

LET'S KEEP THEM THAT WAY.

EAT MORE LEAFY GREENS. THEY'RE HIGH IN
MAGNESIUM AND AID BONE DENSITY.

At Exempla Lutheran we believe in helping our community be proactive about their health. In addition to extensive onsite facilities, we offer classes and operate hotlines designed to keep you informed and healthy. As a health resource, we hope to be a part of your lives every day, not just when you're under the weather.



LEADING BY EXAMPLE

My Lutheran is My Guide — Billboard



My Lutheran is My Guide

—468 by 60 pixel online animated banner ad

78%-90% OF ALL DOCTOR VISITS ARE STRESS RELATED.

frame 1

LAUGH MORE. IT LOWERS STRESS.

frame 2

**FIND MORE HEALTH TIPS AT
MYLUTHERAN.ORG**

LEADING BY EXAMPLE



Lutheran
MEDICAL CENTER

frame 3



Elegance this durable isn't created in a lab.

Western Red Cedar contains natural preservatives that resist moisture, decay and insect damage. As the world's only renewable building material, Cedar can be recycled and regenerated. But best of all, Cedar creates buildings as beautiful as nature itself. For more information, visit our website or call 1.866.778.9096.

www.realcedar.org





Surround yourself with works of art.

Western Red Cedar is at home in the sun, rain, heat and cold all year round. It's naturally resistant to decay and insects, easy to work with, and easy to clean up. To learn more about Western Red Cedar visit our website or call 1.866.778.9096.

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The beauty of Cedar.

The envy of the neighborhood.

Invite the elegance of the majestic Western Red Cedar to your dream home. Create striking exteriors or bring the outdoors in. Both durable and luxurious, Cedar makes a lasting statement in all seasons. To learn more, visit our website or call 1.866.778.9096.

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Durable. Distinctive. Divine.

For the architect whose artistry requires only the finest materials, nothing compares to Western Red Cedar. Its lasting elegance, natural warmth and beauty, versatility and performance are second to none. Western Red Cedar is good for the environment, too. For more information, visit our website or call 1.866.778.9096.

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