

Distributed by: [www.GallantWater.com](http://www.GallantWater.com)  
 16.9 fl. oz. (500mL) 100% Purified Drinking Water  
 Bottled By: Crestside Springs, LLC  
 Ambridge, PA 15003 PA492-71

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**essential<sub>2</sub> Pittsburgh**

Pittsburgh's leading chemical companies invest in the future - spending nearly \$800 million on research and development, and receiving more than 600 patents in 2006.

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Bayer BASF LANXESS NOVA Chemicals PPG

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• Drink 8-10 glasses of water a day.  
 • Increase your activity.  
 • Eat 5 servings of fruits and vegetables per day.  
 • Get plenty of rest.

**b**  
 HEALTHY FOR LIFE

Remember to b-Healthy!  
 For more tips on how to b-Healthy, visit [www.bcbwvny.com](http://www.bcbwvny.com)

BlueCross BlueShield of Western New York

The Thirst Quencher

"Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst." John 4:13

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**h<sub>2</sub>O**  
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 16.9oz. (500ml)

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**Nutrition Facts**  
 Serving Size 8 fl. oz.  
 Servings 2  
 Amount Per Serving  
 Calories 0  
 % Daily Values  
 Total Fat 0g 0%  
 Sodium 0mg 0%  
 Total Carbohydrate 0g 0%  
 Protein 0g  
 \*Percent Daily Values are based on a diet of other people's secrets.

**pulse**  
**Quencher**

**Catalyst 2006**

**Summit 2007**  
**LENDERLEADSOLUTIONS**  
 OCTOBER 24 - OCTOBER 26, 2007  
 Taking Success To New Heights... Together

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**ERSONNEL**  
 Ambridge, PA 15003

Thank you for participating in National Walk at Work Day!  
 ERS has committed to helping our employees live healthier lives. Please contact Human Resources with any additional ideas for company wellness programs!

**national walk@work day**

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