








TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Disclaimer: all events and demos are subject to change or cancellation. Please check our website for the most up-to-date information.</p>	<p><i>Like us on Facebook for new products, sale items, nutritional information, recipes, event updates, contests, and more.</i></p>		<p><i>Visit the store any time during the month of April and enter to win a Camelbak backpack and a bottle of Curcumin from Solgar!</i></p> 	<p>APRIL 1</p>
<p>APRIL 4</p>	<p>APRIL 5</p> <p>10:00 – 1:00 Natural Factors</p> <p>Check Us Out On  for Winning Wednesday!</p>	<p>APRIL 6</p>	<p>APRIL 7</p> <p>10:00 – 12:00 Nature's Plus</p>	<p>APRIL 8</p> <p>10:00 – 12:00 Michael's</p> <p>10:00 – 2:00 Second Saturdays at Sonnewald For details, visit www.sonnewald.org</p>
<p>APRIL 11</p> <p>10:00 – 12:00 New Chapter</p> <p>NATIONAL PET DAY</p>	<p>APRIL 12</p> <p>10:00 – 1:00 Nature's Plus</p>	<p>APRIL 13</p> <p>11:00 – 1:00 Boiron</p>	<p>APRIL 14</p> <p>10:00 – 12:00 Nutraceutical</p> <p>2:00 – 6:00 Health Coach – Amanda Goodwin</p>	<p>APRIL 15</p>
<p>APRIL 18</p> <p>10:00 – 1:00 Evercien</p> <p>Check Us Out On  for Trivia Tuesday!</p>	<p>APRIL 19</p> <p>10:00 – 12:00 Irwin Naturals</p> <p>10:00 – 1:00 Garden of Life</p>	<p>APRIL 20</p> <p>11:00 – 2:00 Gabriel/Keys</p>	<p>APRIL 21</p>	<p>APRIL 22</p>  <p><i>"We do not inherit the earth from our ancestors, we borrow it from our children." – Anon.</i></p>
<p>APRIL 25</p> <p>10:00 – 1:00 Solgar</p>	<p>APRIL 26</p> <p>10:00 – 1:00 Natural Factors</p>	<p>APRIL 27</p>	<p>APRIL 28</p> <p>Freebie Friday! The first 50 customers will receive free Arnica, a homeopathic remedy for pain!</p> 	<p>APRIL 29</p>

4796 Lehman Road Spring Grove, PA 17362

717-225-3825 www.sonnewald.org

Good Health Comes from the Farm... Not the Pharmacy!



APRIL SPECIALS



Organic Gala Apples



\$1⁹⁹ /LB
PLU 144

Organic Curly Kale Bunches



\$1⁹⁹ /EA
PLU 182

BULK #299
Organic Pumpkin Seeds



\$3⁴⁹ /LB

BULK #305
Organic Chia Seeds



\$3²⁹ /LB

BULK #002
Organic Medjool Dates



\$6⁶⁹ /LB

Endangered Species
Chocolate Bar



\$2¹⁹

3 oz

One Degree Organics
Organic Veganic Sprouted Cereals



\$3⁹⁹

8-12 oz

Beanitos
Bean Chips



\$2¹⁹

5.5-6 oz

ProBar
Base 20g Protein Bar



2/\$4

2.46 oz

Field Roast
Vegan Chao Slices



\$4¹⁹

7 oz

Bubbies
Kosher Dill Pickles



\$5⁷⁹

33 oz

Epic
Meat Bar



\$2¹⁹

1.5 oz

Spry
Oral Rinse



\$4⁴⁹

16 oz

Seventh Generation
Dish Liquid



\$2⁶⁹

22-25 oz

Hyland's
Leg Cramps



\$8⁹⁹

100 tab

Specials valid on in stock items 4/1/2017 through 4/30/2017. While supplies last. NO rain checks.