









TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OCTOBER 3</b>  <b>10:00 – 1:00</b> <b>Garden of Life</b>	<b>OCTOBER 4</b>  <b>10:00 – 1:00</b> <b>Irwin Naturals</b>	<b>OCTOBER 5</b>	<b>OCTOBER 6</b>  	<b>OCTOBER 7</b>  <b>11:00 – 2:00</b> <b>Renew Life</b>
<b>OCTOBER 10</b>  <b>Check Us Out On</b>  <b>for Trivia Tuesday!</b>	<b>OCTOBER 11</b>  <b>10:00 – 1:00</b> <b>Nature's Plus</b>  	<b>OCTOBER 12</b>  <b>National Farmer's Day</b>  <i>"My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman and a preacher but every day, three times a day, you need a farmer."                      –Brenda Schoepp</i>	<b>OCTOBER 13</b>	<b>OCTOBER 14</b>  <b>10:00 – 2:00</b> <b>Second Saturdays at Sonnewald</b> <b>For details, visit</b> <a href="http://www.sonnewald.org">www.sonnewald.org</a>
<b>OCTOBER 17</b>  <b>10:00 – 1:00</b> <b>Garden of Life</b>	<b>OCTOBER 18</b>  <b>Check Us Out On</b>  <b>for Winning Wednesday!</b>	<b>OCTOBER 19</b>  <b>10:00 -12:00</b> <b>New Chapter</b>  <b>National Get to Know Your Customers Day</b> <i>Check us out on</i>  <i> for the chance to win a prize!</i>	<b>OCTOBER 20</b>  <b>Freebie Friday!</b> <b>The first 50 customers will receive a free gift courtesy of</b> 	<b>OCTOBER 21</b>  
<b>OCTOBER 24</b>  <b>10:00 – 1:00</b> <b>Natural Factors</b>	<b>OCTOBER 25</b>  <b>10:00 – 1:00</b> <b>Irwin Naturals</b>  <div style="border: 2px solid orange; padding: 5px; display: inline-block;"> <b>7:00 – 9:30 PM</b>  <b>Dr. Cass Ingram Lecture</b>  <b>at Sacred Heart Parish Center</b> </div> See Sonnewald.org or pick up flyer in-store for details.	<b>OCTOBER 26</b>  <div style="border: 2px solid orange; padding: 5px; display: inline-block;"> <b>10:00 – 1:00</b>  <b>Dr. Cass Ingram Book Signing</b> </div> <b>1:30 – 3:00</b> <b>Weed Walk with Willa</b>	<b>OCTOBER 27</b>	<b>OCTOBER 28</b>  <b>National Chocolate Day</b>  <i>Is your chocolate certified? Look for chocolate that supports fair wages for farmers!</i>
<b>OCTOBER 31</b>  <b>10:00 – 1:00</b> <b>Ancient Nutrition</b>	<i>Looking for healthier alternatives to Halloween candy? Try the dried fruits section in the Bulk Room (also known as Nature's Candy Store)!</i>		<b>Disclaimer: all events and demos are subject to change or cancellation. Please check our website for the most up-to-date information.</b>	<i>Like us on Facebook for new products, sale items, nutritional information, recipes, event updates, contests, and more.</i>

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717-225-3825 [www.sonnewald.org](http://www.sonnewald.org)

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

# OCTOBER SPECIALS

<p>Muir Glen Organic Tomatoes</p> <p><b>2/\$4</b> 28 oz</p>  <p>NON GMO Project VERIFIED</p>	<p>Organic Bartlett Pears</p> <p><b>\$1<sup>99</sup></b> /lb</p> 	<p>Organic Romaine Hearts</p> <p><b>\$2<sup>79</sup></b> /EA</p> 
<p>Udi's Whole Grain Bread</p> <p><b>\$3<sup>69</sup></b> 12 oz</p> 	<p>Organic Yellow Popcorn</p> <p><b>\$1<sup>39</sup></b> /LB Bulk Bin #243</p> 	<p>Organic Medjool Dates</p> <p><b>\$6<sup>69</sup></b> /LB Bulk Bin #002</p> 
<p>Eden Organic Black Beans</p> <p><b>\$1<sup>69</sup></b> 15 oz</p>  <p>NON GMO Project VERIFIED</p>	<p>Organic Valley Organic Shredded Cheese</p> <p><b>\$3<sup>99</sup></b> 6 oz</p>  <p>NON GMO Project VERIFIED</p>	<p>Numi Tea Organic Chocolate Puerh Tea</p> <p><b>\$5<sup>29</sup></b> 16 ct</p>  <p>NON GMO Project VERIFIED</p>
<p>Late July Organic Multigrain Chips</p> <p><b>\$2<sup>19</sup></b> 5.5 oz</p>  <p>NON GMO Project VERIFIED</p>	<p>Hail Merry Tarts</p> <p><b>\$2<sup>99</sup></b> 3 oz</p>  <p>NON GMO Project VERIFIED</p>	<p>Sambazon Organic Açai Smoothie Packs</p> <p><b>\$5<sup>29</sup></b> 4/100 g</p>  <p>NON GMO Project VERIFIED</p>
<p>Justin's Organic Peanut Butter Cups</p> <p><b>2/\$3</b> 1.4 oz</p> 	<p>REBBL Organic Elixir</p> <p><b>\$2<sup>99</sup></b> 12 oz</p> 	<p>Natural Vitality Calm</p> <p><b>\$14<sup>79</sup></b> 8 oz</p> 

Specials valid on in stock items 10/1/2017 through 10/31/2017. While supplies last. No rain checks.