








TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 2 10:00 – 1:00 Irwin Naturals RAW FIT CHALLENGE WEIGH-IN	JANUARY 3 10:00 – 1:00 Natural Factors RAW FIT CHALLENGE WEIGH-IN	JANUARY 4 11:00 – 2:00 Health Coach – Amanda Goodwin RAW FIT CHALLENGE WEIGH-IN	JANUARY 5 RAW FIT CHALLENGE WEIGH-IN	JANUARY 6 <i>Find details about the Raw Fit Challenge in-store or at sonnewald.org</i> RAW FIT CHALLENGE WEIGH-IN
JANUARY 9 10:00 – 1:00 Garden of Life Check Us Out On  for Trivia Tuesday!	JANUARY 10 10:00 – 1:00 Dr. Dunner Sambu Products	JANUARY 11 11:00 – 2:00 Charlotte's Web <i>Today is National Milk Day! Learn the benefits of raw milk at: draxe.com/raw-milk-benefits/</i>	JANUARY 12 11:00 – 2:00 Karma Farma	JANUARY 13  THYROID <i>awareness month</i>
JANUARY 16 10:00 – 1:00 Irwin Naturals	JANUARY 17 10:00 – 1:00 Nature's Plus	JANUARY 18 	JANUARY 19 11:00 – 1:00 Nutraceutical	JANUARY 20
JANUARY 23 10:00 – 1:00 Garden of Life 1:00 – 4:00 Nature's Plus	JANUARY 24 10:00 – 1:00 Natural Factors	JANUARY 25	JANUARY 26 Freebie Friday! The first 50 customers will receive a free gift courtesy of 	JANUARY 27 
JANUARY 30 10:00 – 1:00 Ancient Nutrition	JANUARY 31 Check Us Out On  for Winning Wednesday!		<i>Like us on Facebook for new products, sale items, nutritional information, recipes, event updates, contests, and more.</i>	Disclaimer: all events and demos are subject to change or cancellation. Please check our website for the most up-to-date information.

4796 Lehman Road Spring Grove, PA 17362

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

JANUARY SPECIALS

<p>Organic Russet Potatoes 5 Lb bag</p>  <p>\$3³⁹ /EA</p>	<p>Organic Navel Oranges</p>  <p>\$1²⁹ /EA</p>	<p>Organic Valley Organic Ghee</p>  <p>\$5⁹⁹ 7.5 oz</p>
<p>Organic Quinoa</p>  <p>\$2²⁹ /LB Bulk Bin #250</p>	<p>Organic Black Chia Seeds</p>  <p>\$3¹⁹ /LB Bulk Bin #305</p>	<p>Traditional Medicinals Organic Tea (selected varieties)</p>  <p>\$3⁵⁹ 16 ct</p>
<p>So Delicious Organic Coconut Milk</p>  <p>\$2¹⁹ 32 oz</p>	<p>Organic Valley Organic Shredded Cheese</p>  <p>\$3⁹⁹ 6 oz</p>	<p>Crunchmaster Multi-Seed Crackers</p>  <p>\$2¹⁹ 4.5 oz</p>
<p>RXBAR Protein Bar</p>  <p>\$1⁷⁹ 1.83 oz</p> <p>3 Egg Whites 6 Almonds 4 Cashews 2 Dates No B.S. Chocolate Sea Salt</p>	<p>Chameleon Cold-Brew Organic Coffee</p>  <p>2/\$6 10 oz</p>	<p>Late July Organic Restaurant Style Tortilla Chips</p>  <p>\$2⁸⁹ 10-11 oz</p>
<p>Alaffia Everyday Coconut Body Lotion</p>  <p>\$9⁹⁹ 32 oz</p>	<p>Gaia Herbs Golden Milk</p>  <p>\$13⁹⁹ 3.7 oz</p>	<p>Seventh Generation Dish Liquid</p>  <p>\$2⁷⁹ 25 oz</p>

Specials valid on in stock items 1/2/2018 through 1/31/2018. While supplies last. No rain checks.