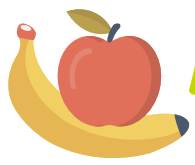


NATURE'S FOOD PATCH Market & Café®



AUGUST 2019

PATCHWORKS

CLEARWATER FREE EVENTS

Clearwater location only! Come early, seating is limited.
See Summary of Events at Customer Care for more information.

*FREE COOKING CLASS

MEET. LEARN. GROW.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 BACK BY POPULAR DEMAND! Vegan "Cheeze" Making* 11 am Michelle Odiorne Whole-Food Plant-Based Chef
Alternatives 4 to Botox + Cosmetic Surgery 1 pm Dr. Mary Riggan, DOM, AP Healing Touch Oriental Medicine	5 Hors d'oeuvres starting at 6 pm!	Joint Support 6:30 pm Michael Patanovich Solgar Full Spectrum	6 SENIORS DAY Canine Cuisine* (Please do not bring your pet. Service dogs welcomed.) 6:30 pm Venus DeMarco A Healthy Life Made Simple	7	8 Chana Masala* 6:30 pm John van Vlaardingen JvVHealth	9 Meal Prep: 10 No Power? No Problem!* 11 am Demos to "Di" For NFP Demo Specialist
11 Catch of the Day!* 1 pm Parker Stafford Peninsula Foodservice	12	13 Song Circle 6:30 pm Free Jam Session In PaTchWOrKs!	14 SENIORS DAY BACK TO SCHOOL 	15	16	17 Cooking with Herbs* 11 am Debby DeGraaff Natural Foods Chef & Author
18 Natural Dentistry 1 pm Dr. Carlo Litano, DMD Natural Smiles of Tampa Bay	19 Kids Story Time with Music + Craft 10 am Erika Davis Usborne Book Buddy	20 Wellness Sale Days 20% OFF** Supplements & Body Care 20th & 21st	21 WELLNESS DAY Seniors Day 10% OFF** For Seniors 60+ Every Wednesday	22 The Truth Behind Your Aches + Pains 6:30 pm Dr. John Young, MD Young Foundational Health Center	23	24
25	26	27 Song Circle 6:30 pm Free Jam Session In PaTchWOrKs!	28 SENIORS DAY Energetics of Food: Food as Medicine* 6:30 pm Dr. Paul & Cara Reynolds The Reynolds Kitchen	29 Intermittent Fasting 6:30 pm Liat Golan, RD, LDN Bee Well Nutrition	30	31

**Clearwater & Dunedin locations. Not including case priced items, items already on sale, red tag items or beer & wine. No double discounts. In-store only.

The advice & informational content of our seminars do not necessarily represent the views of Nature's Food Patch. Please consult your health professional for your personal medical condition.