

NATURE'S FOOD PATCH



SEPTEMBER

2019 free Events

See full summary of events at naturesfoodpatch.com/calendar

CLEARWATER
1225 Cleveland St
727.443.6703

Downtown DUNEDIN
966 Douglas Ave
727.304.1010



Cooking Classes & Seminars are held in our
PaTcHwOrKs Community Room at the Clearwater location

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Food Tasting 12 - 3 pm @ Dunedin</p>	<p>1 <i>Happy Labor Day!</i> both stores open all day</p> <p>BULK SALE DAY NEW 10% OFF* All Bulk Items Now Every 1st Monday!</p>	<p>3 SENIORS DAY</p> <p>RAW</p> <p>Jicama "Potato" Salad Cooking Class 6:30 pm Venus DeMarco</p> <p>gluten free</p> <p>vegan</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7 Mini Massages & Yoga 8 am @ Dunedin</p> <p>...</p> <p>One Pot Curry Cooking Class 11 am Michelle Odiorne</p> <p>gluten free</p> <p>vegan</p>
<p>Food Tasting 12 - 3 pm @ Dunedin</p> <p>...</p> <p>Bahn Mi Sandwiches Cooking Class 1 pm Parker Stafford</p>	<p>8</p>	<p>9</p>	<p>10 EVERY WEDNESDAY!</p> <p>SENIORS SALE DAYS 10% OFF* For Seniors 60+</p> <p>gluten free</p>	<p>11</p>	<p>12</p>	<p>13 Yoga 8 am @ Dunedin</p> <p>...</p> <p>Spanish Paella Cooking Class 11 am Demos to "Di" For</p>
<p>15</p>	<p>16 Kids Story Time with Music & Craft 10 am Erika Davis Usborne Book Buddy @ Clearwater</p>	<p>17 WELLNESS SALE DAYS 20% OFF* Supplements & Body Care</p>	<p>18 SENIORS DAY</p> <p>WELLNESS SALE DAYS 20% OFF* Supplements & Body Care</p>	<p>19 Wine Tasting 6 - 7 pm @ Dunedin</p> <p>...</p> <p>Health Seminar Lyme Disease 6:30 pm Dr. David Minkoff, MD</p>	<p>20</p>	<p>21 Yoga 8 am @ Dunedin</p> <p>...</p> <p>Cool as a Cucumber Cooking Class 11 am Debbie DeGraaff</p> <p>gluten free</p> <p>vegan</p>
<p>22</p>	<p>Welcome Autumn</p>	<p>24</p>	<p>25 SENIORS DAY</p> <p>Food as Medicine Cooking Class 6:30 pm The Reynolds Kitchen</p> <p>gluten free</p> <p>vegan</p>	<p>26</p>	<p>27</p>	<p>28 Yoga 8 am @ Dunedin</p> <p>...</p> <p>Improve Your Posture Improve Your Health 11 am Dr. Freddy E. Minaya</p>
<p><i>Coffee Day!</i> FREE COFFEE![†]</p> <p>...</p> <p>Food Tasting 12 - 3 pm @ Dunedin</p>	<p>29</p>	<p>30</p>	<p>Key:</p> <ul style="list-style-type: none"> • CLEARWATER • DUNEDIN • BOTH LOCATIONS 			

The seminar originally scheduled on 8/29 has been moved to 8/28

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.
*Not including case-priced items, items already on sale, red tag items or beer & wine. No double discounts. In-store only at both locations. See naturesfoodpatch.com/sales for full terms and conditions.

[†]Free Coffee w/ purchase on **National Coffee Day, 9/29/19**: Regular hot coffee. 1 per person. See stores for details.