

NATURE'S FOOD PATCH



CLEARWATER
1225 Cleveland St
727.443.6703

Downtown DUNEDIN
966 Douglas Ave
727.304.1010

OCTOBER 2019 *free* Events

See full summary of events at naturesfoodpatch.com/calendar



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			SENIORS DAY Buddha Bowls Cooking Class 6:30 pm Venus DeMarco	Gardening for Pollinators 6:30 pm Sheridan Boyle Sustainability Coordinator City of Clearwater	Local Art & Wine Tasting 7 - 8:30 pm Laura Hoffman, Artist @ Clearwater	Mini Massages 8am @Dunedin Yoga 8 am @ both stores German Potato Salad Cooking Class 11 am Michelle Odiorne
6	7	8	9	10	11	12
Food Tasting 12 - 3 pm @ Dunedin	EVERY 1 ST MONDAY! BULK SALE DAY 10% OFF* All Bulk Items	Song Circle 6:30 pm @ Clearwater	EVERY WEDNESDAY! SENIORS SALE DAYS 10% OFF* For Seniors 60+	Blood Drive 10 am - 3 pm @ Clearwater	Mini Massages 5 - 8 pm @ both stores	Yoga 8 am @ Dunedin Hearts of Palm Ceviche Cooking Class 11 am Demos to "Di" For
13	14	15	16	17	18	19
Food Tasting 12 - 3 pm @ Dunedin Turkey & Apple Meatloaf Cooking Class 1 pm Parker Stafford		WELLNESS SALE DAYS 20% OFF* Supplements & Body Care	SENIORS DAY WELLNESS SALE DAYS 20% OFF* Supplements & Body Care	Wine Tasting 6 - 7 pm @ Dunedin Oil-Free Salad Dressings 6:30 pm JvVHealth		Yoga 8 am @ both stores Mighty Mushrooms Cooking Class 11 am Debbie DeGraaff
20	21	22	23	24	25	26
Food Tasting 12 - 3 pm @ Dunedin	Kids Story Time with Music & Craft 10 am Erika Davis Usborne Book Buddy @ Clearwater	Song Circle 6:30 pm @ Clearwater	SENIORS DAY Nutritional Psychology Seminar Food & Mood 6:30 pm Sarah Bingham, MS, CNS, LDN	Health Seminar Misconceptions of Fasting 6:30 pm Dr. John Young, MD		Yoga 8 am @ Dunedin Aqua-Botanical Superfood 11 am Josh Gerhardt, E3Live®
27	28	29	30		Key: • CLEARWATER • DUNEDIN • BOTH LOCATIONS	
Food Tasting 12 - 3 pm @ Dunedin			SENIORS DAY Food as Medicine Cooking Class 6:30 pm The Reynolds Kitchen			

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 or items already on sale. No double discounts. In-store only at both locations. Other restrictions may apply. See naturesfoodpatch.com/sales for full terms and conditions.