

NATURE'S FOOD PATCH



NOVEMBER

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>Key:</p> <ul style="list-style-type: none"> • CLEARWATER • DUNEDIN • BOTH LOCATIONS 			<p>EVERY WEDNESDAY!</p> <p>SENIORS SALE DAYS 10% OFF* For Seniors 60+</p>		<p>THANKSGIVING PRE-ORDERS Begin Today See Website for Details</p>	<p>Yoga 8 am @ both stores ... Instant Pot Lasagna Cooking Class 11 am Michelle Odiorne </p>
<p>FALL BACK 1 HOUR </p> <p> </p> <p>Raw Fall Sweets Cooking Class 1 pm Brad Myers</p> <p></p>	<p>EVERY 1ST MONDAY</p> <p>BULK SALE DAY 10% OFF* All Bulk Items</p>	<p></p>	<p>SENIORS DAY</p> <p>Mushrooms for Immune Response Health Seminar 1 pm Host Defense</p>	<p> </p> <p>Vegan Thanksgiving Cooking Class 6:30 pm Brad Myers</p>	<p>Mini Messages 5 - 8 pm @ Dunedin</p>	<p>Yoga 8 am @ Dunedin ... Holiday Appetizers Cooking Class 11 am Demos to "DI" For</p>
<p>10</p>	<p></p> <p>THANK YOU VETERANS Both Stores Open All Day</p>	<p>12</p> <p>Song Circle Jam Session 6:30 pm @ Clearwater</p>	<p>SENIORS DAY</p> <p> </p> <p>Thanksgiving Sides Cooking Class 6:30 pm Venus DeMarco</p>	<p>13</p> <p> </p> <p>Two for One Cooking Class: Soup & Oats 6:30 pm JvVHealth</p>	<p>15</p>	<p>Mini Messages 9am - 12pm @ Dunedin Yoga 8 am @ both stores ... Healthy Harvest Cooking Class 11 am Debby DeGraaff </p>
<p>17</p>	<p>18</p> <p>Kids Story Time with Music & Craft 10 am Erika Davis Usborne Book Buddy @ Clearwater</p>	<p>TODAY & TOMORROW</p> <p>WELLNESS SALE DAYS Turkeys arrive! 20% OFF* Supplements & Body Care</p>	<p>SENIORS & WELLNESS DAY</p> <p> </p> <p>Food as Medicine Cooking Class 6:30 pm The Reynolds Kitchen</p>	<p>20</p> <p>Alzheimer's & Brain Health Seminar 6:30 pm Dr. Rodney Soto, MD LifeWorks Wellness Center</p>	<p>21</p>	<p>22</p>
<p>24</p>	<p>25</p> <p>HOLIDAY HOT BAR Mon - Wed 11 am - 8 pm @ Clearwater</p>	<p>26</p> <p>Song Circle Jam Session 6:30 pm @ Clearwater</p>	<p>SENIORS DAY</p> <p>27</p> <p>Almost Thanksgiving! Both Stores Open All Day</p>	<p></p> <p>HEALTHY THANKSGIVING! Both Stores Closed</p>	<p>29</p>	<p>Yoga 8 am @ Dunedin ... FREE COFFEE! Small Business Sat Both Stores** </p>

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.
**One reg hot coffee per person with purchase