



OCTOBER

Store Hours:
 Mon-Thurs: 9am-8pm
 Friday: 9am-7pm
 Saturday: 9am-5pm
 Sunday: 10am-5pm

Cafe Hours:
 Mon-Sat: 9am-3pm
 Sunday: 10am-3pm

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	EVENTS
1 <i>Women's Coat Collection Begins</i>	2	3	4 National Taco Day	5	6 National Noodle Day	7	<i>Women's and Children's Coat Collection for Domestic Violence Services</i> All October <i>Special Needs Prom Dress Collection for "Let Them Shine" Tim Tebow Foundation</i> <i>Sponsored Event</i> October-December <i>Take 10!</i> <i>10% Off Storewide All Day</i> <i>Decorate Your Own Halloween Cutout Cookie Free!</i>
8	9 Columbus Day	10	11 "It's never to late to have a happy childhood." - Tony Robbins	12	13 World Egg Day	14 National Dessert Day	
15 "Advice from a pumpkin: Be well-rounded; Get plenty of sunshine; Give thanks for alife's bounty; Have a thick skin; Keep growing; Be outstanding in your field; Think big!" -Ilan Shamir	16	17 ☀️ <i>Healthy Skin Healthy Body</i> 10am National Pasta Day	18 National Chocolate Cupcake Day	19	20	21 National Pumpkin Cheesecake Day	
22	23	24	25 <i>Take 10!</i> <i>10% Off Storewide All Day</i>	26 ☀️ <i>Intro to Ayurveda</i> 6-7:30pm National Pumpkin Day	27 ☀️ <i>Thyroid Things to Know</i> 5pm	28 <i>Decorate your own Halloween Cookie</i> 12pm	☀️ SPEAKER SERIES <i>Healthy Skin Healthy Body</i> Athmo Bhandari, Ayurvedic Health Practitioner Learn how the skin and whole-body health are connected. <i>Intro to Ayurveda</i> Molly Culleton Explore the foundations of Ayurveda, learn your constitution and ways to balance it. \$20 <i>Thyroid Things To Know</i> Dr. Ed Sulkowski, Thyroid Expert Could your health issues really be caused by your thyroid? Get the facts and more!
29 The body has limitations. The mind does not.	30	31 Halloween	1	2	3	4	

CROSS THE BRIDGE TO A HEALTHIER LIFESTYLE

*Please call to reserve your seat.

Subject to change without notice.

130 Gallery Drive • McMurray, PA • 724-942-5800 • www.SunnyBridgeNaturalFoods.com



NOVEMBER

Store Hours:
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	EVENTS
29	30	31	1 National Vinegar Day	2 National Deviled Egg Day	3 National Sandwich Day	4	Special Needs Prom Dress Collection for "Let Them Shine" Tim Tebow Foundation Sponsored Event October-December
5 National Donut Day	6	7 "There's no such thing as luck. Luck is preparation meeting opportunity."	8 Last Day For Turkey Orders	9	10 National Vanilla Cupcake Day Last Day For Bakery Orders	11 Veterans Day	Take 10! 10% Off Storewide All Day Veterans Day Free coffee with breakfast for all first responders.
12 National Chicken Soup for the Soul Day	13	14	15 Happy Hormones 6pm Last Day For Cafe Orders	16 "You can feel blessed and stressed at the same time."	17	18	☯ SPEAKER SERIES Happy Hormones Molly Culleton, Ayurvedic Practitioner Learn the Ayurvedic approach to hormone health and how balanced doshas lead to balanced hormones which leads to a balanced life! \$20
19	20 "Change happens when the pain you experience stays the same."	21	22 Close at 3pm	23 Happy Thanksgiving!	24	25	THANKSGIVING IN ONE STOP TURKEYS MARY'S NATURAL AND ORGANIC (FROZEN) POUNDS (LOCAL, FRESH) TOFURKY ROAST & GRAVY CAFE STUFFING, GARLIC MASHED POTATOES & GRAVY HERB ROASTED MIXED VEGETABLES CRANBERRY SAUCE BAKERY PUMPKIN PIE, CAKE ROLLS & CHEESECAKE APPLE PIES STUFFING CUBES
26 National Cake and Cookie Days	27	28 National French Toast Day	29 Take 10! 10% Off Storewide All Day	30	1	2	

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