



# April

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

**Cafe' Hours**  
 Mon - Sat 9am - 3pm

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	EVENTS
<p>1 <i>Happy Easter</i></p> <p>We will be closed to celebrate with our families.</p>	<p>2</p> <p>National Peanut Butter and Jelly Day</p>	<p>3</p>	<p>4</p>  <p>Vitamin C Day</p>	<p>5</p>  <p><i>Allergies Be Gone!</i> 6:30 - 7:30pm</p>	<p>6</p>	<p>7</p>  <p>No Housework Day</p>	<p>Take 10! 10% Off Storewide All Day</p> <p> <b>SPEAKER SERIES</b></p> <p><i>Allergies Be Gone</i> Dr. Ed Sulkowski, DMD Discover the root cause of allergies. \$20</p>
<p>8</p>	<p>9</p>  <p><i>The Cannabis Disruption: Bringing Hemp Back</i> 6pm</p>	<p>10</p>	<p>11</p>  <p><i>Lunar Living</i> 6 - 7pm</p> <p>National Pet Day</p>	<p>12</p> <p>Grilled Cheese Day</p> 	<p>13</p> <p>"When I let go of what I am, I become who I might be." -Lao Tzu</p>	<p>14</p>	
<p>15</p>	<p>16</p>	<p>17</p>  <p>Income Tax Day</p>	<p>18</p>	<p>19</p> <p>"It's not the length of life, but the depth of life." - Ralph Waldo Emerson</p>	<p>20</p>	<p>21</p> <p>"The sun still shines even when it's hiding." ~Winne the Pooh</p>	<p><i>Lunar Living</i> Faith Starr, Nutritional Therapist and Herbalist Discover how every phase of the moon affects your life. \$10</p>
<p>22</p> 	<p>23</p>  <p><i>Spring Into Allergy Prevention</i> 5:30 - 7:30pm</p>	<p>24</p>	<p>25</p> <p>Take 10! 10% Off Storewide All Day</p>	<p>26</p> <p>National Paper Airplane Day</p> 	<p>27</p>	<p>28</p> <p>National Superhero Day</p>	<p><i>Spring Into Allergy Prevention</i> Jen Dalke, Herbalist Blue Heron Nature Skills Learn how seasonal and environmental allergies affect us and how to prevent them. \$20</p>
<p>29 "There are two ways to live your life. One is as though nothing is a miracle. the other is as though everything is a miracle." - Albert Einstein</p>	<p>30</p>	<p>1</p>	<p>2 3 4 5</p> <p><i>Cafe Special of the Month</i> Balsamic Glazed Chicken Romaine Wrap <i>Smoothie of the Month</i> Pink Lemonade</p>			<p>5</p>	

## Cross the Bridge to a Healthier Lifestyle

Subject to change without notice. 130 Gallery Drive McMurray, PA 724-942-5800 www.SunnyBridgeNaturalFoods.com

Please call to reserve your spot.