



January

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
31	1 Happy New Year	2 "Take care of your body. It's the only place you have to live." - Jim Rohn	3	4 National Spaghetti Day	5	6	Happy New Year! We will be closed to celebrate the New Year. Blessings for a Happy, Healthy and Prosperous 2018! Take 10! 10% Off Storewide All Day
7	8	9	10 National Take The Stairs Day	11	12	13 "Good food is good mood."	
14	15 Martin Luther King Day	16	17 "The greatest wealth is health." ~Virgil	18	19 National Popcorn Day	20	 SPEAKER SERIES Healthy Gut, Healthy Body Dr. Ed Sulkowski, Doctor of Medical Dentistry Did you know your gut health regulates your immune function and total body wellness? Learn how probiotics, supplements and dietary changes can eliminate toxins, boost nutrient intake and enhance your well-being to create a New You for the New Year! \$20 Winter Refresh Cleanse Sara Richter, Health Coach Ready Reset Go! Refresh your system and feel energized and empowered with the effects of a winter refresh cleans. Includes 3- 1 hours sessions. \$20
21 National Hug Day	22	23 "Don't quit! Every difficulty is an opportunity in disguise."	24	25  Healthy Gut Healthy Body 5:30 - 6:30 pm	26  Winter Refresh Cleanse	27	
28	29	30	31 Take 10! 10% Off Storewide All Day	1	2	3	

Cross the bridge to a healthier lifestyle



*Please call to reserve your spot.