March 2019 SUNNY BRIDGE NATURAL TOOKS & Cafe



☑ ☑ ☑ P SunnyBridgeNaturalFoods.com 724-942-5800 · 130 Gallery Drive, McMurray PA

10am-5pm	9am-8pm	9am-8pm	9am-8pm	9am-8pm	9am-7pm	9am-5pm	Store Hours
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Spring Speaker Series
Stop by our Café for <i>Fish Frydays</i> beginning March 8th					"Faith is taking the first step even when you don't see the whole staircase." -Martin Luther King, Jr.	Dress in Blue Day Dr. Seuss Day	Thursday, March 7,14,28 6-7:30pm Whole Food Plant-Based Nutrition M.J. Costello, MPM, RDN Join us for a comprehensive three-session overview geared toward learning the basics of plant-based diets and sorting fact from
"No matter how tall the mountain is, it cannot block the sun." -Chinese Proverb	4	5 Fat Tuesday Mardi Gras Day	Ash Wednesday	Whole Food Plant-Based Nutrition M.J. Costello, MPM, RDN Reality Check Basic Nutrition Education	8 Fish Fryday	9	fiction as it relates to optimal nutrition. Please call 724-942-5800 to reserve your spot! Now thru Friday, April 12 Easter Hams from local Logan Family Farm Berkshire Black Hams
10	Johnny Appleseed Day	"Instead of calling it the "John", I'm going to start calling my bathroom the "Jim". That way I can say I go to the Jim every morning." -Donald Duck	Donald Duck Day	Whole Food Plant-Based Nutrition M.J. Costello, MPM, RDN Health Risk Reduction Through Nutrition	15 Fish Fryday	Everything You Do is Right Day	Boneless Hams - 10 - 15lbs - \$6/lb Semi-Boneless - 15 - 20lbs - \$5/lb Delivery Wed, April 17 EVENTS March 1-10 13th Annual Farm to Table Eat Fresh! Buy Local!
17 Happy St. Patty's Day	"Live each day like it's the first day of your life." -Donald Duck	Poultry Day	First Day of Spring	Memory Day	Fish Fryday National Goof-Off Day	23	David L. Lawrence Convention Center \$10 Admission Friday & Saturday April 5 & 6 Anniversary 17!
31	25 "I don't care if you think I'm abnormal, strange, weird, crazy, insane, odd & bizarre. Life is too short to be normal." -Donald Duck	Spinach Day	27	Whole Food Plant-Based Nutrition M.J. Costello, MPM, RDN Practical Application What Do I Eat?	29 Fish Fryday	"Never fear the shadows. They simply mean there's a light shining somewhere nearby."	20% OFF Come celebrate with us! Café Hours Mon-Fri 9am-5pm Sat 9am-3pm · Closed Sunday

Cross the Bridge to a Healthier Lifestyle