




# March 2019



[SunnyBridgeNaturalFoods.com](http://SunnyBridgeNaturalFoods.com)

724-942-5800 · 130 Gallery Drive, McMurray PA

10am-5pm Sunday	9am-8pm Monday	9am-8pm Tuesday	9am-8pm Wednesday	9am-8pm Thursday	9am-7pm Friday	9am-5pm Saturday	Store Hours						
24	25	26	27	28	1	2	<p> <b>Spring Speaker Series</b></p> <p>Thursday, March 7, 14, 28 6-7:30pm</p> <p><b>Whole Food Plant-Based Nutrition</b> M.J. Costello, MPM, RDN <i>Join us for a comprehensive three-session overview geared toward learning the basics of plant-based diets and sorting fact from fiction as it relates to optimal nutrition.</i></p> <p>Please call 724-942-5800 to reserve your spot!</p> <p>Now thru Friday, April 12 <b>Easter Hams from local Logan Family Farm</b> Berkshire Black Hams Boneless Hams - 10 - 15lbs - \$6/lb Semi-Boneless - 15 - 20lbs - \$5/lb Delivery Wed, April 17</p> <p><b>EVENTS</b></p> <p>March 1-10 <b>13th Annual Farm to Table Eat Fresh! Buy Local!</b> David L. Lawrence Convention Center \$10 Admission</p> <p><b>Friday &amp; Saturday April 5 &amp; 6</b> <i>Anniversary 17!</i></p> <p><b>20% OFF</b> Come celebrate with us!</p> <p><b>Café Hours</b> Mon-Fri 9am-5pm Sat 9am-3pm · Closed Sunday</p>						
<p><b>Stop by our Café for <i>Fish Frydays</i> beginning March 8th</b></p>						<p>3</p> <p><i>"No matter how tall the mountain is, it cannot block the sun." -Chinese Proverb</i></p>		<p>4</p> <p><b>Johnny Applesed Day</b></p>	<p>5</p> <p><b>Fat Tuesday Mardi Gras Day</b></p>	<p>6</p> <p><b>Ash Wednesday</b></p>	<p>7</p> <p> <b>Whole Food Plant-Based Nutrition</b> M.J. Costello, MPM, RDN <b>Reality Check</b> Basic Nutrition Education</p>	<p>8</p> <p><b>Fish Fryday</b></p>	<p>9</p> <p><b>Dress in Blue Day</b></p> <p><b>Dr. Seuss Day</b></p>
10	11	12	13	14	15	16							
17	18	19	20	21	22	23							
24	25	26	27	28	29	30							
31													

## Cross the Bridge to a Healthier Lifestyle