

VITA-MAN SIGHTINGS Summer SCHEDULE

Tues., July 31—11 a.m.—Victoria Park & Vic. Ave. Store

Wed., Aug. 22—11 a.m.—Victoria Park

Fri., Aug. 24—11 a.m.—Wascana Park



Check our Home Page on our website:

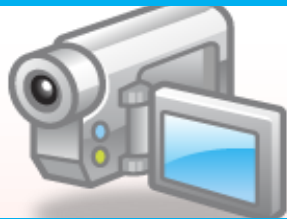
www.oldfashionfoods.com or follow us on Facebook **F**

to see where else **VITA-MAN** may turn up this summer.

VITA-MAN will be handing out Stress Footballs, \$2.00 Vita-Man Coupons, OLD FASHION FOODS Newsletters and he will be posing for pictures.

VIDEO CORNER

Starting August 27, 2012 watch for **Old Fashion Foods** and our sponsors on the **CBC Regina News** at 5:30 p.m. weekdays. We will be sponsoring the weather forecast.



August Topic:

Natural Factors LUTEIN

OLD FASHION NEWSLETTER

COUPON

August 2012—Edition 8

OLD FASHION Label 50% OFF

Joint Relief & Build

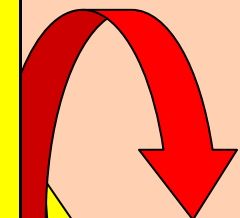
Reg. Price with
Coupon

*May help build & maintain healthy cartilages*May improve joint mobility

Reg. \$14.95

While Supplies Last. No Limits. No other Discounts apply. Exp. Aug. 31, 2012.

Sale **\$7.48** - 90's



**Save 50%
with Coupon**

Before you head out to the beach or park this summer, stop in to any

OLD FASHION FOODS and stock up on **Sunblock, Sunscreens, moisturizers & creams** to keep your skin protected and soft and healthy looking.

We also have **Vitamin Drinks, Drink sticks & bottled water** to help keep you hydrated and healthy all summer long.



www.oldfashionfoods.com

OLD FASHION FOODS

Your Health Food Store & so much more...

6 Locations (Regina & Weyburn)

Free Delivery on orders over \$25.00 Weekday afternoons



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CUSTOMER APPRECIATION DAYS 2012 & 2013

Tues., Aug. 7, Tues., Sept. 4, Mon., Oct. 1, Mon., Nov. 5, Mon., Dec. 3

2013 Mon., Jan. 7, Mon., Feb. 4, Mon., March 4, Mon., April 1

15 % OFF Everything in the Store* *Unless otherwise marked, some exclusions apply**

OLD FASHION Label TEAS

Select Varieties



TEA 50 % OFF Regular Price

*Many different kinds available that may help with all kinds of health issues.

*Black Cohosh *Borage *Sheep Sorel *Cleavers *Lungwort *Periwinkle

*Elder Flower *Gravel Rt. *Rhubard *Goldenseal Leaves *Orris Rt. Whole

*Pennyroyal * Irish Moss Cut *Witch Hazel *Strawberry Leaves and much more

While Supplies Last. No other discount applies. Exp. Aug. 31, 2012.

Never Miss another
**CUSTOMER APPRECIATION DAY ,
SPECIAL PROMOTION OR SALE**
at Your Health Food Store and so
much more...

OLD FASHION FOODS

Scan the QR Codes to sign up for
or go to our website:
www.oudfashionfoods.com

and click on one of the keywords:
Healthfoods, BulkFoods or Vitamins



**OLD FASHION FOODS &
Natural Factors** are the Sponsors
of the **Dr. OZ TV Program**
weekdays at 3 p.m. on CTV Regina.

NOW Drink Sticks and Effer C
On Sale **15% OFF** regular price
for month of August 2012. No other Discount
Applies. Helps you to stay hydrated and healthy
in the hot summer.

