

# TOP 10 NEW YEAR'S RESOLUTIONS!

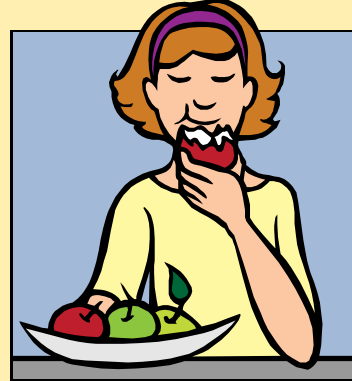
- #1 - Love one another**
- #2 - Appreciate what you have**
- #3 - Stop cursing**
- #4 - Less stress**
- #5 - Be Kinder to yourself**
- #6- Be kinder to others**
- #7 - Exercise or Work out**
- #8 - Eat Healthier**
- #9 - Quit Smoking**
- #10 - Lose Weight**

**We can help you with some of these.  
Stop in to any location and talk with  
one of our knowledgeable staff.**



## OLD FASHION FOODS

Head Office (306) 352-8623 [www.oldfashionfoods.com](http://www.oldfashionfoods.com)



## OLD FASHION FOODS

As we reflect on **2012**, we see how far we've come and we are inspired to do even more to try & help our friends & customers with all their health related needs.

Management & staff would like to Thank You for your support and we look forward to seeing all our friends and customers in **2013**.

Online at [www.oldfashionfoods.com](http://www.oldfashionfoods.com) or follow us on Facebook

# CUSTOMER APPRECIATION DAYS 2013



Mon., Jan. 7, Mon., Feb. 4, Mon., March 4,  
Mon., April 1, Mon., May 6, Mon., June 3,  
Tues., July 2, Tues., Aug. 6, Tues., Sept. 3,  
Mon., Oct. 7, Mon., Nov. 4, Mon., Dec. 2



**15 % OFF Everything in the Store\*** Unless otherwise marked, Some Exceptions apply\*

## COUPON CORNER

**OLD FASHION FOODS**

**Herbal Energy**

**20% OFF** reg. price with Coupon

\*May help to increase alertness & mental clarity

\*May boost memory function

\*May help to relieve stress

90's Reg. \$9.99 While supplies Last. No other Discount applies. Expires Jan. 31, 2013



**OLD FASHION FOODS**

**TEA 50% OFF**

reg. price

**Select Varieties**

While Supplies Last.

Expires Jan. 31, 2013.

Be sure to see Vita-Man at intermission at the Regina Pats Hockey Games reffing Sumo wrestlers on the ice on the following dates:

Sat., Jan. 26, Friday,

Feb. 1, Thurs., Feb. 7

& Fri., Feb. 15.

We will be handing out Stress Footballs & coupons.

