

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 Mobile Alerts.



Visit our website:

www.olderfashionfoods.com



**Pickling & Baking
SEASON IS HERE!**

See Old Fashion Foods for all your
Spice & Baking needs.



OLD FASHION FOODS

Your Health Food Store & so much more...

6 Locations (Regina & Weyburn)

**Free Delivery on orders over \$25.00
Weekday afternoons**

COMING EVENT OLD FASHION FOODS

'Picture of Health' EXPO

Saturday, October 20 - 10 am to 6 pm



at the **ITALIAN CLUB** 2148—Connaught Street
1 1/2 blocks West off Lewvan and 13th. Ave.

Seven Guest **SPEAKERS** including *Brad King*
and *Lorna Vanderhaeghe* . Thirty reps. in
attendance. Enter to Win Prizes including
Vitamins for a Year*, ipad , BMX Bike, Grill,
BBQ , Gift Baskets, Bags, T-Shirts, Books & more.



SCAN QR CODE
FOR MORE
INFORMATION



OLD FASHION FOODS

Your Health Food Store & so much more...

6 Locations (Regina & Weyburn)

www.olderfashionfoods.com



CUSTOMER APPRECIATION DAYS 2012 & 2013

2012 Mon., Oct. 1, Mon., Nov. 5, Mon., Dec. 3 **2013** Mon., Jan. 7, Mon., Feb. 4,
Mon., March 4, Mon., April 1, Mon., May 6, Mon., June 3, Tues., July 2

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

OLD FASHION FOODS 'Picture of Health' Expo

SPEAKERS

- ⇒ 10 a.m.- Rose Stevens - Cal/Mag/Rhoziva
- ⇒ 10:50 a.m.- Brad King - Increase Energy, Lose Belly Fat, Sleep Better, Reduce Stress.
- ⇒ 12:10 p.m.- Dr. Elvis Ali - Cholesterol Mgmt.
- ⇒ 1:15 p.m.- Lorna Vanderhaeghe- Hormones & Woman's Health
- ⇒ 2:55 p.m.- The 'Picture of Health' Cake Cutting
- ⇒ 3:15 p.m.- Mitchel Mahler- Stress, Sleep & Pain Relief
- ⇒ 4:20 p.m.- Tonda McGillis- Healthy Aging
- ⇒ 5:10 p.m.- Michelle Vande Velde - The importance of Minerals

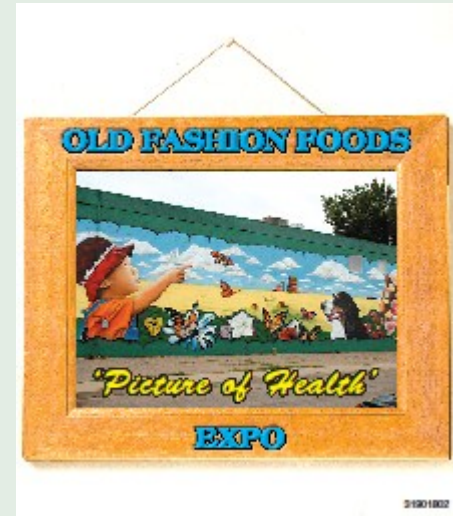
OLD FASHION FOODS presents the first ever 'Picture of Health' EXPO

Saturday, October 20, 2012 -10 a.m. to 6 p.m.

Enter to Win **'Vitamins for a Year'***

***(12—\$50.00 Gift Certificates, one a month for 12 months)**

- * ipad
- * Books
- *T- Shirts
- * BMX Bike
- *Aussie BBQ
- *Gift Bags
- * Gift Baskets
- *Gift Certificates
- * Grill



Held at the Italian Club, 2148—Connaught St. 1 1/2 blocks West off Lewvan and 13th. Ave.



Donations gratefully accepted for the Regina Food Bank & Regina Humane Society. They will be on location all day at the Health Expo.



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

OLD FASHION FOODS and our Suppliers are sponsors on CBC TV during the 5:30 p.m. News and Weather Weekdays.

OLD FASHION FOODS and our Suppliers are on 620 CKRM weekdays at 11:40 am as the sponsor of the Daily Dose with Dr. Oz. Be sure to listen for Old Fashion Foods on My 92.1 Radio Weekday mornings.

