



**GREENACRES
MARKET**

APRIL SALES 2020

Destress
this spring

**Benefits of Plant
Based Supplements**

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Stress & Your Gut Brain

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**Hidden Gems
of Green Acres**

**See products you might
be missing out on! | page 2**



GREENACRES.COM



FROM YOUR FRIENDS AT GREENACRES



Hidden Gems OF GREENACRES



CHOCOLATE COVERED COCOMELS

If you are looking for an indulgent treat that has healthier ingredients try the Cocomels dark chocolate dipped caramels. They are sure to satisfy any sweet tooth with their smooth and creamy texture. Since they are made with coconut milk they are vegan favorite! Cocomels are Certified Organic and Non-GMO Project Verified.



NATURAL FACTORS PGX PACKETS

Long time team members all agree this is one of the best go-to items for weight loss & to help control sugar cravings. Use PGX in a smoothie, sprinkle on a salad, or carry the individual packets with you as you travel. Once it's a habit, you'll never go without!



GARDEN OF LIFE ORGANIC GRASS FED BUTTER POWDER

With the focus on good fats - whole milk, organic grass fed butter powder is an incredible option. A great source of MCT to support brain health.



MUSHROOM TRILOGY SERUM BY SKIN DRINK

An amazing anti-aging product that tightens, tones & adds elasticity to the skin. It's also great for hyperpigmentation & balancing out skin tone. The entire Skin Drink line is amazing & therapeutic.

SKIN GEL BY ALOE LIFE

It's such a versatile product to keep in the medicine cabinet to aid in cuts & scrapes, and is so good after shaving to reduce swelling, redness & keeps bumps to a minimum if any at all. Helpful for all ages & pets too!



OUR MISSION

GreenAcres Market & Deli is your community Natural Foods Market committed to providing:

Quality Education | Dedicated Customer Service | Fresh, Natural & Organic Products | A Unique Shopping Experience

In order to improve the health of our community one person at a time.



ORGANIC PRODUCE SPECIALS

ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

LOOK FOR THE **NEW**
LOWER PRICES
BI-WEEKLY FLIER



IN STORES AND ON SOCIAL MEDIA!



GET YOUR Gut = Moving

Need more fiber in your diet? Fiber is an important nutrient that may promote weight loss, lower blood sugar levels and fight constipation. Over half the population falls short of their daily fiber requirement.


TRY ADDING SOME OF THESE HIGH FIBER FOODS INTO YOUR DIET & SEE IF YOU CAN'T GET YOUR GUT MOVING BETTER:

High Fiber

Pears • Avocado
Raspberries • Blackberries
Artichoke • Kale
Lentils • Kidney Beans
Split Peas • Chick Peas

Very High Fiber

Oats • Chia Seeds
Almonds • Pumpkin Seeds
Pistachios • Popcorn
Prebiotic Rich Foods



1907
NEW ZEALAND
ARTESIAN WATER
2 liter



\$2⁹⁹

GROCERY SHOPPING MADE HEALTHY

ALMOND BREEZE
NON-DAIRY ASEPTIC
ALMOND MILK
32 oz., Select Varieties



\$1⁸⁹

BARNANA
ORGANIC CHEWY
BANANA BITES
3.5 oz.



\$3⁷⁹

CABOO
BAMBOO & SUGARCANE
PAPER PRODUCTS
1 ct.



\$1⁷⁹

CATALINA CRUNCH
KETO FRIENDLY
CEREALS
9 oz.



\$5⁹⁹

CHEF'S CUT
HANDCRAFTED
NATURAL JERKY
2.5 oz.



\$4⁸⁹

... TASTY CHOICES ... for Springtime Fun!

ANNIE'S HOMEGROWN
ALL NATURAL
MAC & CHEESE
5.5-6 oz., Select Varieties



**10 FOR
\$10**

ANNIE'S NATURALS
ORGANIC
DRESSINGS
8 oz., Select Varieties



**2 FOR
\$6**

CASCADIAN FARM
ORGANIC
CEREALS
8.6-14.6 oz., Select Varieties



**2 FOR
\$5**

CLEAN CAUSE
SPARKLING ORGANIC
YERBA MATE
16 oz.



2/\$4

EATING EVOLVED
KETO CUPS
4.93-5.25 oz.



\$7⁹⁹

FROM THE GROUND UP
CAULIFLOWER
CRACKERS
4 oz., Select Varieties



2/\$6

GARDEN OF LIFE
HIGH PROTEIN WEIGHT
LOSS BAR



\$1⁷⁹

IMMACULATE BAKING
ORGANIC
FLAKY BISCUITS
8 ct.



**2 FOR
\$7**

CASCADIAN FARM
ORGANIC
FROZEN VEGETABLES
10 oz., Select Varieties



**2 FOR
\$4**

GURU ENERGY DRINK
ENERGY DRINK
12 oz.



\$2²⁹

KIND
NUTRITION BARS
Select Varieties



4/\$5

LACROIX
100% NATURAL
SPARKLING WATER
12 ct., Select Varieties



\$4⁹⁹

LATE JULY
ORGANIC
MULTI-GRAIN CHIPS
5.5-6 oz.



\$2³⁹

ORGAIN
ORGANIC 26 G
PROTEIN SHAKE
14 oz.



\$2⁹⁹

LILY'S SWEETS
LOW SUGAR
CHOCOLATE BARS



\$3³⁹

MADHAVA
ORGANIC
COCONUT SUGAR
16 oz.



\$4⁹⁹

NAVITAS
ORGANIC
CACAO POWDER
8 oz.



\$7⁴⁹



Quinoa Fried "Rice" with Snap Peas & Sweet Corn

Ingredients

- 3 Tbsp canola oil
- 2 cups diced fresh snap peas
- 2 cups fresh or frozen sweet corn kernels
- 2 cloves garlic, minced or finely grated
- 1 tsp finely grated fresh ginger
- 3 cups cold cooked quinoa
- 2 eggs, lightly beaten
- 2 Tb gluten-free tamari or soy sauce
- Toppings: Hot sauce, lime wedges, chopped peanuts, bean sprouts, chopped green onions

Directions

1. In a large nonstick skillet over medium-high heat, heat oil. Add snap peas and corn; cook, stirring constantly, for 2 minutes, or until vegetables start to soften.
2. Reduce heat to medium and stir in garlic and ginger. Add cooked quinoa and cook, stirring occasionally, for about 3 minutes.
3. Make a well in the center of the mixture and add eggs. Scramble, stirring eggs gradually into quinoa-veggie mixture. When eggs are cooked through, stir in tamari.

Serve with optional toppings.

NUMI
ORGANIC
BAGGED TEA
16 ct., Select Varieties



\$5⁹⁹

OCHO
ORGANIC
CHOCOLATES
3.5 oz.



\$2⁹⁹

LIFE AID BEVERAGES
CLEAN NUTRITIONAL
BLEND BEVERAGE
12 oz.



\$2¹⁹

OWYN
PLANT BASED
PROTEIN DRINK
12 oz.



\$2⁶⁹

PACIFIC
**ORGANIC
BROTHS**
32 oz., Select Varieties



\$3⁴⁹

PACIFIC
**PLANT-BASED
BEVERAGES**
32 oz., Select Varieties



\$2³⁹

QUINN
**FILLED PRETZEL
NUGGETS**
6.5-7 oz.



\$3⁹⁹

R.W. KNUDSEN
**ORGANIC
VEGETABLE JUICES**
32 oz., Select Varieties



\$4⁹⁹

RXBAR
**WHOLE FOOD
PROTEIN BAR**
Select Varieties



3/\$5

SEEDS OF CHANGE
**ORGANIC
READY TO HEAT RICES**
8.5 oz.



\$2⁶⁹

SEVENTH GENERATION
**PLANT BASED
LAUNDRY DETERGENT**
100 oz.



\$11⁴⁹

SWERVE
**DIABETIC FRIENDLY
NATURAL SWEETENERS**
12 oz.



\$5⁹⁹

TOHI
**ANTIOXIDANT
BEVERAGE**
12 oz.



\$2²⁹

VIBE
**ORGANIC ELECTROLYTE
BLACK TEA**
16.9 oz.



2/\$4

WEDDERSPOON
**RAW
MANUKA HONEY**
8.8 oz., Select Varieties



\$21⁹⁹

WHOLESOME SWEETENERS
**ORGANIC
CANE SUGAR**
2 lb., Select Varieties



\$3¹⁹



**Destress
Tip**

Studies have shown drinking at least 1 cup of herbal tea a day can help reduce stress in the body. Find a flavor profile you enjoy & make it part of your routine. Single herbs or combined flavors are both beneficial!

Our Favorite Destress Herbs:

Lavender • Chamomile • Holy basil
Peppermint • Passion flower • Lemon Balm

SIMPLY ORGANIC
ORGANIC SPICES
Select Varieties



**30% OFF
MSRP**

SUNFOOD
**ORGANIC
GOJI BERRIES**
8 oz.



\$11⁴⁹

BROWN COW
NON-GMO
CREAM TOP YOGURT
5.3 oz.



89¢

REFRIGERATED & FROZEN DEALS

FIELD ROAST
VEGAN
SAUSAGES
4 ct.



\$4⁷⁹

HUMM KOMBUCHA
ORGANIC
KOMBUCHA
14 oz.



\$3⁹⁹

EVOLUTION FRESH
COLD-PRESSED
JUICE
15.2 oz., Select Varieties



\$3⁷⁹

FARMER'S HEN HOUSE
ORGANIC PASTURE
RAISED EGGS
12 ct., Select Varieties



\$4⁴⁹

FARMHOUSE CULTURE
ORGANIC PROBIOTIC
KRAUT
16 oz., Select Varieties



\$5⁶⁹

DAIRY & NON-DAIRY MILKS - why both are great! -



ALMOND • CASHEW • HAZELNUT • SOY • RICE • HEMP • OAT • FLAX
COCONUT • WHOLE MILK • GRASS FED MILK • REDUCED FAT MILK

Whether you choose a grain source, a nut source or an animal source, the same rules apply. You have to decide what you are looking for. Higher protein? More calcium? Watery vs Creamy? Nutrition profile, color, flavor, or texture? Each "milk" source is different & each has its benefits & drawbacks. You have to read the labels to know the benefits each one provides. Be aware that many can have "added sugars" & you should look for the "unsweetened" options to reduce added sugars & calories. Regular milks will also add sugar when fat is removed.

Organic is always a better choice, because even with the non-animal choices, the hormones aren't a risk, but pesticides are and are often used on the trees or foods that produce the nuts & seeds.

At GreenAcres we are happy to help you find the best choice for you. Some brands even combine multiple milks together as an option. This is a category that many corners can be cut to create a low cost option. We stand behind all the brands we carry, as top quality, good business practices & your best value.

ORGANIC DAIRY ON THE HORIZON

ORGANIC
HALF & HALF
1 pint



\$2⁴⁹

ORGANIC
BUTTER
16 oz.

\$7⁴⁹



- USDA Certified Organic • From "Pasture Raised" Cows
- Perfect For Your Favorite Recipes!

GT'S
**ORGANIC
KOMBUCHA**
16 oz.



\$2⁶⁹

SILK
**DAIRY-FREE
ALMOND MILK**
64 oz.



\$3⁴⁹

TETON WATERS RANCH
**GRASS-FED BEEF
BRATWURST**
4 ct.



\$5⁷⁹

ALEXIA
**ALL-NATURAL
WAFFLE FRIES**
20 oz.



\$3⁸⁹

SO DELICIOUS
**DAIRY-FREE
COCO WHIP TOPPING**
9 oz.



\$3⁴⁹



**Destress
tip**

Inhale for 4 slow seconds, hold for 3 seconds, and exhale for 4 seconds. Try to inhale and exhale so deeply that your belly expands out and in (sometimes called yogic breathing).
Repeat twice more.

Why it works: Slow, deep inhales and exhales activate your parasympathetic nervous system, which lowers blood pressure, decreases the stress hormone cortisol and eases your "fight or flight" response.

CALIFIA
ALMOND MILK
48 oz.



\$3⁹⁹

PLANT BASED & READY TO POUR

SO DELICIOUS
**DAIRY-FREE
COCONUT CREAMER**
1 Qt., Select Varieties



\$3⁴⁹

SILK
**DAIRY-FREE
SOY CREAMER**
1 Pint, Select Varieties



\$1⁵⁹

- Certified Vegan
- 100% Dairy Free
- Non GMO Project Verified
- Multiple Delicious Flavors

MEET YOUR SPOONS Next Best Friend

**DAIRY-FREE
FROZEN MOUSSES**
1 Pint, Select Varieties



\$4⁹⁹

**DAIRY-FREE
OATMILK ICE CREAM**
1 Pint, Select Varieties



\$4⁹⁹



Fantastic Flavor Choices • Creamy, Fluffy & Dairy Free
Certified Gluten Free & Vegan & Non GMO

MORE PROTEIN. *Less Sugar.* NO COMPROMISE



**ULTRA-FILTERED
ORGANIC MILK**
56 oz.

\$2.49



**ORGANIC
HIGH PROTEIN
SHAKE**
11 oz.



**ORGANIC
HIGH PROTEIN
SHAKE**
4 pack

\$9.99

- CHOOSE FROM WHOLE, 2% REDUCED FAT, OR 2% CHOCOLATE
- 50% LESS SUGAR THAN REGULAR MILK • 13 GRAMS OF PROTEIN PER SERVING
- USDA CERTIFIED ORGANIC • NO GMO'S
- NO TOXIC PESTICIDES • FROM HUMANELY RAISED COWS

MORE PROTEIN, MORE CALCIUM, LOWER SUGAR, NO LACTOSE, CERTIFIED ORGANIC, PLUS A SILKY TASTE!

Don't Stop Now..

KEEP SUPPORTING YOUR IMMUNE SYSTEM



ELDERBERRY CONCENTRATE

- ✓ HELPS IMMUNE SYSTEM FIGHT ALL VIRUSES
- ✓ HELPS IMMUNE SYSTEM FIGHT OFF ALLERGIES
- ✓ HELPS IMMUNE SYSTEM REDUCE INFLAMMATION
- ✓ HELPS BUILD YOUR OVERALL IMMUNE SYSTEM

HEALTH & BEAUTY



**Destress
Tip**

Try a few drops of lavender essential oil in a diffuser to add some calming scents to your office. Work in a cubicle? Try using an aromatherapy necklace so you alone can smell it.

Why it works: Research suggests that inhaling certain essential oils such as lavender can reduce anxiety, allowing the smell receptors in your nose to send soothing signals to your brain.

DR. BRONNER'S SELECT CASTILE SOAPS



30% OFF
MSRP

LUMINEUX ORAL ESSENTIALS ENTIRE LINE



25% OFF
MSRP

SIMILASAN SELECT PRODUCTS



30% OFF
MSRP

Holistic FIRST AID

Every day you face a range of mishaps that trigger aches and pains, bumps and bruises. Skin often takes the brunt, sometimes bearing scars that linger long after pain has subsided.

Luckily, just as Mother Nature intended, your body works to repair itself—and a little well-chosen help goes a long way. Whether protecting from the elements such as wind and sun, alleviating itch from bug bites or burns, or healing scrapes and cuts, natural ingredients can help your body step up to the challenge.

- Aloe vera • Arnica • Neem
- Calendula • Coconut oil
- Eucalyptus oil
- Lavender essential oil
- Mugwort • Manuka honey

Follow us on Facebook for more details on each of these Mother Nature Superpower Remedies!

Essential Oil DUO PACK of the month

a BURST of clean!



**DUO
\$10**
\$5 savings

Air Freshener

- 8 oz glass spray bottle
- 7 drops of lemon essential oil
- 7 drops grapefruit essential oil
- 8 oz. filtered water

Shake well before each use

SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST

SUPPLEMENTS

AMAZING GRASS ENTIRE LINE



25% OFF
MSRP

AMERICAN HEALTH ENTIRE LINE



30% OFF
MSRP

Vital Collagen FOR VITAL HEALTH



20% OFF
MSRP

- Sourced From Grass Fed Pasture Raised Bovine Hides
- Mix In Hot Or Cold Liquids • Helps Maintain Youthful Appearance

IMPROVING LIVES

Naturally

CW
SELECT
PRODUCTS



20% OFF
MSRP

- Multiple delivery options: topicals, tinctures, gummies
- High quality-High integrity • World's most trusted hemp extract

ANCIENT NUTRITION SELECT PRODUCTS



25% OFF
MSRP

EMERALD LABS SELECT ADRENAL HEALTH



25% OFF
MSRP

IRWIN NATURALS SELECT PRODUCTS



30% OFF
MSRP

JARROW ENTIRE LINE



25% OFF
MSRP

NEWCHAPTER.

COMPLETE YOUR HEALTHY DAY

- 20 grams of Certified Vegan Protein per serving
- USDA Certified Organic & Gluten Free
- Great flavor & sugar free (Sweetened with Stevia)



Select Products

KYOLIC SELECT PRODUCTS



25% OFF
MSRP

MANITOBA HARVEST BROAD SPECTRUM CBD SOFTGELS

30 ct.



30% OFF
MSRP

NATURAL FACTORS SELECT WHOLE EARTH SEA



30% OFF
MSRP

NATURAL VITALITY SELECT PRODUCTS



30% OFF
MSRP

WHY NOW?

Entire Line



**YOUR BRAIN, YOUR BONES AND YOUR SKIN
NEED EXTRA SUPPORT!**

NATURE'S WAY SELECT PRODUCTS



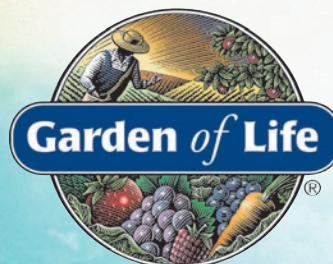
30% OFF
MSRP

NORDIC NATURALS SELECT PRODUCTS



25% OFF
MSRP

mykind ORGANICS



Entire Line





RICOLA SELECT PRODUCTS



30% OFF
MSRP

SOLARAY TOP SELLERS



35% OFF
MSRP

SOLGAR ENTIRE LINE



30% OFF
MSRP

how to destress YOUR GUT BRAIN

Your gut is filled with nerve cells that think & act like your brain. Oftentimes the gut is called **“THE SECOND BRAIN”**. The brain-gut connection is the most studied relationship in the body right now, as conditions such as IBS, Chron’s, and other gut inflammatory responses are not only being recognized as allergy & diet related but also as a result of how we each individually deal with stress.

As we deal with tension, anxiety, resentment, psychological trauma, etc. we can often rationalize or supposedly “deal” with it in our real brain. However, our “second brain” doesn’t have that ability so the impact is to react physically to the emotional pain. The brain-gut connection is a pathway of neurons, chemicals & hormones constantly giving feedback between each other to regulate digestion, where you are basically first getting your nutrition to keep you alive. Once that process is disrupted – it can be hard to get back on track.

When an IBS symptom occurs, ask yourself what state of mind are you in? Stressed? Upset? Tense? Denial? Sad? And focus on how to eliminate or reduce that neuropathway communication. Stop the trigger. Stress causes increased intestinal contractions even in healthy people. Just as you would analyze a food allergy, analyze what emotion might have caused your digestive system to lock up & react. Simple Mind/Body exercises like deep breathing, yoga movement, stretching & talking about emotions can help.

Supplements to Help Destress:

Supplements to help manage stress as well are: B vitamins, Vitamin C, L-theanine, GABA, Magnesium, phosphatidylserine, fish oil & adrenal adaptogens such as holy basil, rhodiola & ashwaganda.



Onnit - Alpha Brain
with Bacopa and Huperzine
quick acting, immediate support



LifeSeasons - Clari-T
Cognitive Support
Huperzine, PS, Vinpocetine,
gingko and Bacopa



LifeSeasons - Neuro Q
Neuroprotective Formula
Gotu Kola, Turmeric, Ginkgo,
PS, coffee fruit extract,
propolis - contains caffeine



Gaia Herbs - Nootropic Focus
Saffron, Lemon Balm,
Ginkgo and Spearmint

APRIL BONUS BUYS

BONUS BUYS are items that we have negotiated with vendors to offer at a 35% discount or more!

JARROW
**HC-ACTIVE
GARCINIA**
90 ct.



\$19⁴⁹

NATURAL VITALITY
**CALM SLEEP
GUMMIES**
120 ct.



\$17⁹⁹

COUNTY LIFE
**MAXI
HAIR PLUS**
120 ct.



\$19⁹⁹

NATURE'S WAY
**FORTIFY 50+
PROBIOTIC**
30 ct.



\$15⁵⁹

RAINBOW LIGHT
**MULTIVITAMIN
GUMMIES**
120 ct.



\$14⁹⁹

SOLARAY
D3 AND K2
60 ct.



\$10⁹⁹



NATURAL FACTORS
CURCUMINRICH
60 ct.

\$14⁹⁹ (Reg. \$29⁹⁵)

It's not how much you take...
IT'S HOW MUCH YOU ABSORB!

Curcumin is derived from turmeric, the main spice used in curry, and is responsible for turmeric's distinctive yellow color. Turmeric root has been used as an Ayurvedic herb for *thousands* of years, and modern science confirms that curcumin has a broad range of actions for supporting good health including:

- Powerful antioxidant activity
- Supports the body's natural inflammatory response
- Supports joint and heart health and function

Regular curcumin is relatively insoluble in water and rapidly excreted from the body, meaning that the absorption of regular curcumin is quite poor. That is the reason that human studies with curcumin have been inconsistent, even when large amounts are consumed.

Natural Factors CurcuminRich has Theracurmin, which uses a proprietary manufacturing method to *dramatically* increase solubility and absorption. Theracurmin is finely ground to reduce particle size to produce a highly absorbable and stable colloidal suspension, making it the #1 absorbed curcumin on the market.

Theracurmin is backed by at least nine published double-blind, randomized and placebo-controlled human clinical trials. The studies show that Theracurmin supports heart health, and along with regular exercise, helps support cardiovascular health in post-menopausal women. Researchers around the globe have determined that curcumin is a well-tolerated and safe natural health product.

It is foundational support for everybody!
CurcuminRich Theracurmin and CurcuminRich Double Strength Theracurmin are available at your local GreenAcres Market on sale all month at a tremendous savings.

YOU ARE *What You Eat*

PLANT BASED SUPPLEMENTS

Plant based supplements rich with whole food ingredients is the current trend for many consumers to achieve maximum nutrient availability & absorption. Plant based supplements provide all the essential vitamins, minerals, enzymes, phytonutrients & antioxidants for the best wholistic source of nutrition. All of these nutrients work together, synergistically, to provide optimum results. Research continues to support these claims & the results often speak for themselves.

We want to highlight four partner brands that embody these missions & have been leaders in the category, each with their own focus on what makes them unique. All of them can easily support that they utilize 100% Organic, Non GMO whole fruits & vegetables and completely control the supply chain for their products farm to supplement.



NATURAL FACTORS WHOLE EARTH & SEA

Every supplement contains all the essential nutrients listed above and they take it a step further with their patented blend of whole food based enzymes, probiotics & prebiotics to make their formulas true superfoods. They have invested in their own farms for many of the ingredients & only partner with reputable sources for items like sea vegetables & rare plants.



GARDEN OF LIFE MYKIND ORGANICS

Co-founded with wellness advocate Alicia Silverstone, who was looking for high quality, effective products to take while she was pregnant. Also a certified Vegan line – so there was extra focus on eliminating all binders, fillers & anything that was not considered a whole raw food. MyKind also offers no-sugar added gummies and herbal extracts that use non gmo alcohol or plain water as the delivery system.



MEGAFOOD

Sources over 700,000 pounds of real, farm-fresh vegetables, fruits and whole grains directly from their trusted farmer partners every year to use in their supplements. Their mission is working towards a world where everyone is nourished. They believe in complete transparency & supporting regenerative agriculture so we will have access to high quality ingredients for years to come.



NEW CHAPTER

A pioneer in developing whole food based supplements for over 35 years, they focus on delivering the wisdom of nature to your body for maximum absorption & results. Their fermentation process sets them apart so your body recognizes the supplements as food & allows for maximum absorption.

FIND YOUR LOCAL STORES

KANSAS CITY

- The Village at Briarcliff

WICHITA

- Bradley Fair
- West – 21st & Maize
- Normandie • Clear Lakes

OKLAHOMA

- Walnut Square Shopping Center
- Lawton



**GREEN ACRES
MARKET**

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 4/01/2020 through 4/30/2020 at participating locations, while supplies last. All prices plus tax where applicable.
Regular prices may vary from store to store. **Not all items are available at all stores.**

• • • **Bradley Fair Wichita** • • •

FARMERS MARKET

Come join the fun!

Local Vendors • Live Music • Special Events
Local Wiens Wagyu Burgers Prepared In The Deli

STARTING MAY 5TH | TUESDAYS 3-6pm

Visit Our Facebook for Weekly Details

