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| **Sales & Events for February at Harmony Farms** |

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| **Harmony Farms** |

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| ***February Sales*** |

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| First and foremost, we want to give a BIG thank you to those who participated in our January Country Life sale! It turned out to be the biggest month in the history of the store, and we have each one of you to thank. This month we have sales for heart health, skin care, and deep discounts in our grocery department.**Sales! Sales!! Sales!!! Harmony Farms has joined INFRA- the Independent Natural Foods Retailer Association!**A national co-op that allows us to get massive deals that we can pass on to you! Up to 40 items each month at big discounts to help you save your well earned dollars! We will have flyers at the store and sale shopper signs in the isles be sure to see the red INFRA tags. You can also view the flyer on our web site! |

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| **Natural Vitality CALM -** **20% Off!**Save 20% on all Natural Vitality products, including everyone's favorite magnesium supplement, CALM. |

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| **Aubrey Revitalizing Therapy** **- 20% Off!**This line of products features rosehip seed oil, which is wonderful for deep moisture and reducing the appearance of fine lines and wrinkles. |

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| **Impress your Valentine with an****AWESOME ORGANIC DINNER!****Local Filet Mignon**We're happy to say that we have local, organic raised, %98 grass-fed (self feeding bins of organic corn and organic barley especially in winter) filet mignon in stock from **Moore's Brothers Beef who is contracted with the Non-GMO Group!** Delicious, tender, and as clean as beef can be - make that Valentine's dinner a special one! Each 6oz-8oz Filet only costs $10-$12!**WINE!!! Sparkling Wine!!!**Please remember our fabulous wine selection includes wineries whom are either Organic, or Biodynamic & Sustainable and never add any extra sulfates!**ORGANIC PRODUCE!**We have a %100 Organic Produce selection with as much local as we can get seasonally! New to our awesome selection is Galangal Thai Ginger, Hawaiian Turmeric and Jerusalem Artichokes (Sunchokes)!!!**Organic Grass Fed Beef****Once again we have Certified Organic Grass Fed Beef 1 pound Bricks from Organic Prairie!!!** |

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| **Demos & Events****Saturday 2/7, 11-2**: Larry's Beans Coffee-Local!**Saturday 2/14, 12-3:** Astrology Readings with Beth WilsonSpecial Valentines Sacred Wheel Sessions \*only $30 for 30 minutes!!!\*Please contact Beth at twilson851@aol.com or 919.602.6507Have birth info ready- date, time & place to learn about your Unique Path!There will be a drawing to win an Energy Integration Report for 2 as well!!!  [www.ntastrology.com](http://r20.rs6.net/tn.jsp?f=001uVBz1h6amvxj5z2UR-J0ZuqaHHPtKHVJk5IYK_caoN81jvAW1D_dY_MCUvo6iXXr5AQl6ZupGcHmFYhLhlHn9sGaKPniVgRvx02AJTMuUk_L0ULcjcE1X7EtGU-MDDDkBj-w0MjBWUH7OPE_r7BRkMRpf0xYpyyULPUAz7GOz1g=&c=iDZ5GaeR24-k6vUFO_bGG7JeCF7DjR9Sdx7uGHnKN2X-lb04p-fDig==&ch=0yFT3qtzQIP9hGEeNb0X5CfSi9Ad4uMe5Ac7LGcLHfyhlkwQqTxdyA==) **Saturday 2/21, 11-1**: Hair Shimmers with Eliza**Saturday 2/28, 11-2**: Boone Bar Tasting- Local!**Saturday April 11, 730am - 5pm YogaFest NC**Harmony Farms is proud to be a Sponsor!!!A spectacular day for learning, exercising, expanding and sharing at this wonderful event with classes and local vendors!McKimmon Center, 1101 Gorman Str, Raleigh, NC[www.YouCallThisYoga.org](http://r20.rs6.net/tn.jsp?f=001uVBz1h6amvxj5z2UR-J0ZuqaHHPtKHVJk5IYK_caoN81jvAW1D_dY_MCUvo6iXXr5hog8iWIxiyAdx1RzgPEZ8cGuVPsxFmceSF21cGbuxpuxEK9fzH2EvFM7z9s8BmeKimyAtG5_KT1EdapUE6WQMwjXOPqO76Cj1eXNB01wZIWmuQYSusqWQ==&c=iDZ5GaeR24-k6vUFO_bGG7JeCF7DjR9Sdx7uGHnKN2X-lb04p-fDig==&ch=0yFT3qtzQIP9hGEeNb0X5CfSi9Ad4uMe5Ac7LGcLHfyhlkwQqTxdyA==)**Saturday April 18, 11am - 3pm****Harmony Farms 10/40 Festival !!!**Celebrating 10 years of The Long's continued ownership and 40 years of Harmony Farms being in service to our community!!!Tons of Local Vendors, food, gifts and raffles! |

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