



Lab Screenings

SMAC-31 Super Panel \$35

8 hours fasting, water and medications only. Includes: Total Cholesterol, HDL, LDL, triglycerides, glucose, kidney and liver function, nutrition, iron, bone: calcium, electrolytes & more.

Prostate Specific Antigen (PSA) \$48

Recommended for men 40 and older.

C-Reactive Protein-High Sensitivity \$35

8 hours fasting (preferred). Helps predict heart attack risk.

Complete Blood Count (CBC) \$20

Tests for anemia & assesses different cells found in the blood.

Hemoglobin A1C \$25

No fasting necessary. This test is used for diabetic patients to monitor glucose control over the last few months.

Homocysteine \$90

Rheumatoid Arthritis Panel \$95

TSH Thyroid \$38 | T3U, T4 & T7 Thyroid \$28

Both Thyroid Panels \$58

Normally \$66, you save \$8.

Apolipoprotein A-1 & B \$68

An advanced & sensitive indicator of cardiovascular risk.

Colorectal Cancer Screening \$30

Take-home kit for screening fecal-occult blood. Kit must be returned in provided envelope to Healthwaves.

Vitamin D \$48

Fasting preferred, primarily recommended to check for Vitamin D deficiency which is common in children and adults.

Allergy

Basic Food Panel \$80

Tests 46 items (includes: milk, eggs, meats and grains).

Southwest Regional Inhalant Panel \$80

Tests 45 items (includes: grasses, dust, pollens and pet hair).

Comprehensive Food Panel \$150

Tests 90 items—all of basic panel plus many more food items.

Combo Prices:

Basic Food and Southwest Regional Inhalant Panels \$145

Comprehensive Food & SW Regional Inhalant Panels \$200

Healthwaves

1615 W University Dr, Suite 137 > Tempe, AZ 85281

www.healthwaves.com | 480.968.1886

2020

More Tests

Complete Lipid Panel \$25

Chol, HDL, VLDL, Trig, Chol/HDL Ratio

Cardio IQ \$ 85

8 hrs fasting (water & medications ok)
Lipoprotein Fractionation w/lipids. (Includes LDL Particle Number, Pattern, HDL Large, LDL Small, Medium, etc + complete lipid profile)

Testosterone Adult Males Total \$85

Hormone secreted by testicles in men, ovaries in women, and in small amounts by adrenal glands.

Testosterone Total & Free \$85

Recommended for men 40 and older.

Testosterone Total Women & Children \$85

This test is recommended for females, children less than 18 & hypogonadal males.

Free T3 \$48

Thyroid hormone circulating not attached to a protein—more specific test than the panel.

Free T4 \$35

Thyroid hormone circulating not attached to a protein—more specific test than the panel.

Ferritin \$40

Major iron storing protein in the body.

PT/INR \$35

Clotting time of blood.

Vitamin B12 Test \$75

Found in meat, fish & dairy. Helps with fatigue, memory, prevent anemias, lowers homocysteine.

Folate (Folic Acid) \$55

8 hrs fasting preferred (water only). B vitamin important for cell growth, metabolism, neurogenic & cardiac health.



COVID-19 Antibody Blood Test \$95

An **IgG antibody test** (analyzed by Sonora Quest Lab) which provides insight into an individual's immune response to potential exposure to COVID-19.

Note: This is a test for healthy individuals and is not intended for diagnosis of active infection.

(Pursuant to recent health guidelines, please STAY at home and contact your physician if you have an elevated temperature greater than 100.3 degrees or have any other flu like symptoms)



9am–12:30pm
at these store locations:

Thursday, December 10

Bashas': 20351 N Lake Pleasant Rd, Peoria, AZ 85382
Bashas': Cortaro & Thornydale, TUCSON

Friday, December 11

Bashas': 650 Finnie Flats Rd, CAMP VERDE
Bashas': Dysart & Camelback, LITCHFIELD PARK
Bashas': Alma School & Riggs, SUN LAKES

Saturday, December 12

Food City: 51st Ave & McDowell Rd PHOENIX
Food City: Kiowa Ave & Lake Havasu, LAKE HAVASU CITY

Monday, December 14

Bashas': Palisades & Saguaro, FOUNTAIN HILLS
Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, December 15

Bashas': La Cholla & River Rd, TUCSON
Bashas': Higley & Brown MESA
AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Wednesday, December 16

Bashas': Elliot and Higley, GILBERT
Bashas': 75th Ave & Thunderbird, PEORIA
Food City: Campbell & Irvington, TUCSON

Thursday, December 17

Food City: Bethany Home & 59th Ave, GLENDALE

Friday, December 18

Food City: 8th Ave & Alma School, MESA
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, December 19

Food City: Flowing Wells & Roger, TUCSON
Bashas': Warner & McClintock, TEMPE

Monday, December 21

Bashas': 7th St & Missouri, PHOENIX

Tuesday, December 22

AJ's: 67th Ave & Beardsley GLENDALE

Saturday, December 26

AJ's: Scottsdale & Lincoln Rd, PARADISE VALLEY

Monday, December 28

Bashas': Shea & 32nd St, PHOENIX
AJ's: Baseline & Val Vista, MESA

Tuesday, December 29

Bashas': Camp Lowell & Swan, TUCSON
Bashas': Power Rd & Chandler Heights QUEEN CREEK

Wednesday, December 30

Food City: 32nd St & Greenway, PHOENIX

2021

Saturday, January 2

AJ's: 22402 s Basha Rd, CHANDLER
AJ's: Pima & Legacy SCOTTSDALE

Monday, January 4

Bashas': 7th St & Union Hills Dr PHOENIX

Friday, January 8

Bashas': 36889 N Tom Darlington Dr, CAREFREE
AJ's: Ray Rd & 56th St CHANDLER
Bashas': 75th Ave & Thunderbird PEORIA

Saturday, January 9

Bashas': Warner & McClintock, TEMPE
AJ's: 67th Ave & Beardsley GLENDALE

Monday, January 11

Bashas': Hayden & Indian School SCOTTSDALE
Bashas': 20351 N Lake Pleasant Rd, PEORIA

Tuesday, January 12

Bashas': Oracle & Golden Rancher TUCSON
Bashas': Shea & 32nd St, PHOENIX

Wednesday, January 13

Food City: Grand Ave & W. Santa Fe Ln EL MIRAGE
AJ's: Pima & Pinnacle Peak, SCOTTSDALE

9am–12:30pm
at these store locations:

Thursday, January 14

Bashas': Power Rd & Chandler Heights QUEEN CREEK
Food City: Bethany Home & 59th Ave, GLENDALE

Friday, January 15

Food City: 51st Ave & McDowell Rd PHOENIX
Bashas': Coffee Pot Dr & Yavapai, SEDONA

Saturday, January 16

Bashas': Higley & Brown MESA
Bashas': La Cholla & River Rd, TUCSON

Monday, January 18

Bashas': 75th Ave & Thunderbird PEORIA
Bashas': Granite Reef Rd & McDonald Dr

Tuesday, January 19

Bashas': Waddell Rd & Reems Rd, SURPRISE
Bashas': Union Hills & 7th St, PHOENIX

Wednesday, January 20

Food City: Irvington & I-19, TUCSON
Bashas': Mesa Dr & Brown MESA

Thursday, January 21

Food City: Florence & 2nd St, CASA GRANDE
Bashas': 48th St & Warner, PHOENIX

Friday, January 22

Bashas': 1000 N Humphreys St, FLAGSTAFF
Bashas': Cortaro & Thornydale, TUCSON

Saturday, January 23

Bashas': John Wayne Pkwy & Smith Enke Rd MARICOPA
Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, January 25

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER
Bashas': 99th Ave & Beardsley, PEORIA

Tuesday, January 26

*****Bashas'**: 450 N Grand Ct Plaza, NOGALES
Bashas': Brown & Mesa Dr, MESA

Wednesday, January 27

Bashas': Riggs Rd & Alma School, SUN LAKES
AJ's: 67th Ave & Beardsley, GLENDALE

Thursday, January 28

Bashas': Shea Blvd & 32nd St, PHOENIX

Saturday, January 30

Bashas': 650 Finnie Flats Rd, CAMP VERDE
Bashas': Waddell Rd & Reems Rd, SURPRISE

Monday, February 1

AJ's: Camelback & Central PHOENIX
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Tuesday, February 2

Bashas': Power & McDowell MESA

Wednesday, February 3

Food City: Dysart & Van Buren, AVONDALE

Thursday, February 4

Bashas': Shea & 32nd St, PHOENIX
Bashas': La Cholla & River Rd, TUCSON

Friday, February 5

Bashas': Mesa Dr & Brown, MESA
Bashas': Warner & McClintock, TEMPE
Bashas': Indian School & Hayden, SCOTTSDALE

Saturday, February 6

Food City: 59th Ave & Bethany Home Rd, PHOENIX
Bashas': 48th St & Warner Rd, PHOENIX

Monday, February 8

Bashas': Swan & Fort Lowell Rd, TUCSON
Food City: 32nd St & Greenway, PHOENIX

Tuesday, February 9

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, February 10

Bashas': Palisades & Saguaro, FOUNTAIN HILLS
AJ's: Scottsdale & Lincoln, SCOTTSDALE

Thursday, February 11

Food City: Van Buren & Dysart, AVONDALE
Bashas': 7th St & Missouri, PHOENIX

9am–12:30pm
at these store locations:

Friday, February 12

AJ's: Baseline & Val Vista, MESA

Saturday, February 13

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Bashas': Ellsworth & Brown, MESA

Monday, February 15

Bashas': Dysart & Camelback, LITCHFIELD PARK

AJ's: Lone Mountain & Scottsdale, SCOTTSDALE

Tuesday, February 16

Food City: Bethany Home & 59th Ave, GLENDALE

Bashas': Chandler Heights & Gilbert, CHANDLER

Wednesday, February 17

Bashas': Higley & Brown, MESA

AJ's: Central & Camelback Rd, PHOENIX

Thursday, February 18

Food City: Grand Ave & Acoma Dr, EL MIRAGE

AJ's: Frank Lloyd Wright Blvd & Thompson Peak Pkwy,
SCOTTSDALE

Friday, February 19

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Bashas': 7th St & Union Hills Dr, PHOENIX

Saturday, February 20

AJ's: Skyline & Campbell, TUCSON

Bashas': Superstition Mountain & Hwy 60, GOLD CANYON

Monday, February 22

Bashas': Baseline & Crismon Rd, MESA

Tuesday, February 23

Food City: 51st Ave & McDowell Rd PHOENIX

Wednesday, February 24

Bashas': Camp Lowell & Swan, TUCSON

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Thursday, February 25

Food City: Bethany Home & 59th Ave, GLENDALE

Friday, February 26

Food City: 44th st & McDowell Rd PHOENIX

Bashas': Waddell Rd & Reems Rd, SURPRISE

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, February 27

Bashas': Shea Blvd & 32nd St, PHOENIX

Bashas': Higley & Elliot, GILBERT

Monday, March 1

Bashas': 36889 N Tom Darlington Dr, Carefree, AZ 85377

Tuesday, March 2

Bashas': 75th Ave & Thunderbird Rd, PEORIA

Wednesday, March 3

Food City: Stapley & Main, MESA

Thursday, March 4

Food City: Roger Rd & Flowing Wells Rd, TUCSON

Friday, March 5

Bashas': 99th Ave & Beardsley PEORIA

Saturday, March 6

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Bashas': Baseline & Crismon, MESA

Monday, March 8

Bashas': 5310 S Superstition Mountain Dr,
GOLD CANYON

Food City: Arizona Ave & Ray Rd, CHANDLER

Tuesday, March 9

Food City: Baseline & Central, PHOENIX

Bashas': Indian School & Hayden, SCOTTSDALE

Wednesday, March 10

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Bashas': Brown & Higley, MESA

Thursday, March 11

Bashas': Oracle & Golden Rancher TUCSON

AJ's: 67th Ave & Beardsley GLENDALE



9am–12:30pm
at these store locations:

Friday, March 12

AJ's: Camelback & Central, PHOENIX
Bashas': Palisades & Saguario, FOUNTAIN HILLS
Bashas': Coffee Pot & Yavapai Dr, SEDONA

Saturday, March 13

Bashas': 99th Ave & Beardsley, PEORIA
Bashas': 7th St & Missouri, PHOENIX

Monday, March 15

Food City: 22nd St & Country Club, TUCSON
Bashas': Warner & McClintock, TEMPE

Tuesday, March 16

Bashas': Shea Blvd & 32nd St, PHOENIX
AJ's: Val Vista & Baseline Rd, MESA

Wednesday, March 17

Bashas': Dysart & Camelback, LITCHFIELD PARK
AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, March 18

Bashas': Sunrise & Kolb Rd, TUCSON
Bashas': 48th St & Warner, PHOENIX

Friday, March 19

Bashas': Chandler Heights & Power Rd, QUEEN CREEK
Food City: 59th Ave & Bethany Home, GLENDALE

Saturday, March 20

Food City: Grand Ave & W. Santa Fe Ln EL MIRAGE
Food City: 1501 Arizona 89A, COTTONWOOD

Monday, March 22

Bashas': Hayden & Indian School, SCOTTSDALE
Bashas': 7th St & Union Hills, PHOENIX

Tuesday, March 23

Bashas': Waddell Rd & Reems Rd, SURPRISE

Wednesday, March 24

Bashas': Higley & Brown MESA
AJ's: Pima & Legacy, SCOTTSDALE

Thursday, March 25

Bashas': Thunderbird Rd & 75th Ave, PEORIA

Friday, March 26

Bashas': Riggs Rd & Alma School, SUN LAKES
Bashas': Shea & 32nd St, PHOENIX

Saturday, March 27

Bashas': Thornydale & Cortaro Farms Rd, TUCSON
Bashas': Bell Rd & Thompson Peak Parkway, SCOTTSDALE

Monday, March 29

AJ's: 67th Ave & Beardsley GLENDALE

Tuesday, March 30

Bashas': 20351 N Lake Pleasant Rd, PEORIA

Wednesday, March 31

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE
Bashas': Cortaro & Thornydale, TUCSON

Thursday, April 1

Bashas': Crismon Rd & Baseline Rd, MESA

Friday, April 2

Bashas': RH Johnson & Meeker, SUN CITY WEST
Food City: Ray Rd & Arizona Ave, CHANDLER

Saturday, April 3

Bashas': Camp Lowell & Swan, TUCSON
Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, April 5

Bashas': Oracle & Golder Ranch Rd, TUCSON
Food City: Central Ave & Baseline, PHOENIX

Tuesday, April 6

Bashas': Hayden & Indian School, SCOTTSDALE

Wednesday, April 7

Bashas': Warner & McClintock, TEMPE
Bashas': 99th Ave & Beardsley, PEORIA

Thursday, April 8

Bashas': 7th St & Union Hills Dr PHOENIX
Bashas': Power Rd & McDowell, MESA



9am–12:30pm
at these store locations:

Friday, April 9

Food City: Central & Baseline rd, PHOENIX
Bashas: 650 Finnie Flats Rd, CAMP VERDE
Bashas: 7th St & Missouri, PHOENIX

Saturday, April 10

AJ's: 67th Ave & 101, GLENDALE
Bashas: McDonald & Granite Reef, SCOTTSDALE

Monday, April 12

Bashas: 36889 N Tom Darlington Dr, Carefree, AZ 85377
AJ's: 56th St & Ray Rd, CHANDLER

Tuesday, April 13

Food City: 32nd St & Greenway, PHOENIX

Wednesday, April 14

Food City: Grand Ave & W. Santa Fe Ln EL MIRAGE
Bashas: River Rd & La Cholla, TUCSON

Thursday, April 15

Bashas: Higley & Elliot, GILBERT
Bashas: Palisades & Saguaro, FOUNTAIN HILLS

Friday, April 16

Food City: 22nd st & Country Club Rd, TUCSON
AJ's: Camelback & 44th St, PHOENIX

Saturday, April 17

Bashas: Mesa Dr & Brown MESA
Bashas: Coffee Pot & Yavapai Dr, SEDONA

Monday, April 19

Bashas: 99th Ave & Beardsley, PEORIA
AJ's: Camelback & Central PHOENIX

Tuesday, April 20

Food City: Baseline & Hardy, TEMPE
Bashas: Chandler Heights & Gilbert Rd, CHANDLER

Wednesday, April 21

Bashas: Higley & Brown MESA
Bashas: Union Hills & 7th St, PHOENIX

Thursday, April 22

FOOD CITY: Irvington & Campbell TUCSON
Bashas: Waddell Rd & Reems Rd, SURPRISE

Friday, April 23

Bashas: 99th Ave & Beardsley PEORIA
AJ's: Ray Rd & 56th St, CHANDLER

Saturday, April 24

Food City: 2nd St & Florence, CASA GRANDE
Food City: 44th st & McDowell Rd PHOENIX

Monday, April 26

Bashas: 450 N Grand Ct Plaza, NOGALES
Bashas: Power & McDowell MESA

Tuesday, April 27

Food City: 4th St & Main, AVONDALE

Wednesday, April 28

Bashas: Elliot and Higley, GILBERT
Bashas: Shea Blvd & 32nd St, PHOENIX

Thursday, April 29

AJ's: 22402 s Basha Rd, CHANDLER

Friday, April 30

Bashas: Thunderbird & 75th Ave, PEORIA
Bashas: La Cholla & River Rd, TUCSON

Saturday, May 1

AJ's: Frank Lloyd Wright Blvd & Thompson Peak Pkwy,
SCOTTSDALE
Bashas: 75th Ave & Thunderbird, PEORIA

Monday, May 3

Bashas: Higley & Elliot, MESA
Food City: Bethany Home & 59th Ave, GLENDALE

Tuesday, May 4

Bashas: Fort Lowell & Swan, TUCSON

Wednesday, May 5

Bashas: Union Hills & 7th St, PHOENIX
Bashas: Power & Chandler Heights, QUEEN CREEK



9am–12:30pm
at these store locations:

Thursday, May 6

Bashas': Hayden & Indian School, SCOTTSDALE
Bashas': Brown & Higley, MESA

Friday, May 7

Bashas': Bell & Thompson Peak Pkwy, SCOTTSDALE
Food City: Arizona Ave & Ray Rd, CHANDLER
Bashas': 7th St & Missouri, PHOENIX

Saturday, May 8

Bashas': 650 Finnie Flats Rd, CAMP VERDE
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Monday, May 10

Bashas': Dysart & Camelback, LITCHFIELD PARK
Bashas': Sunrise & Kolb, TUCSON

Tuesday, May 11

Bashas': Crismon and Baseline, MESA
Bashas': 7th St & Union Hills Dr PHOENIX

Wednesday, May 12

Bashas': 75th Ave & Thunderbird, PEORIA

Thursday, May 13

Bashas': Warner & McClintock, TEMPE
AJ's: Skyline & Campbell, TUCSON
Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Friday, May 14

Food City: Bethany Home & 59th Ave, GLENDALE
Bashas': Coffee Pot & Yavapai Dr, SEDONA

Saturday, May 15

Bashas': Higley & Elliot, GILBERT
Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Monday, May 17

Food City: I-19 & Irvington Rd, TUCSON

Tuesday, May 18

Bashas': Ellsworth and Brown, MESA
AJ's: Camelback & Central, PHOENIX

Wednesday, May 19

Bashas': Superstition Mtn Dr & Superstition Fwy,
GOLD CANYON
Food City: Hardy & Baseline, TEMPE

Thursday, May 20

Bashas': 75th Ave & Thunderbird PEORIA
Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Friday, May 21

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Saturday, May 22

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF
Bashas': Verrado Way & Main St, BUCKEYE

Monday, May 24

Bashas': Dysart & Camelback, LITCHFIELD PARK
Bashas': Shea Blvd & 32nd St, PHOENIX

Tuesday, May 25

Bashas': Camp Lowell & Swan, TUCSON

Wednesday, May 26

Food City: 51st Ave & McDowell Rd PHOENIX
AJ's: Val Vista & Baseline Rd, MESA

Thursday, May 27

Bashas': Smith Enke & John Wayne Pkwy, MARICOPA
Food City: Bethany Home & 59th Ave, GLENDALE

Friday, May 28

Bashas': Waddell Rd & Reems Rd, SURPRISE
Bashas': 36889 N Tom Darlington Dr, Carefree, AZ 85377

Saturday, May 29

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST
Bashas': Power Rd & McDowell, MESA

Monday, May 31

AJ's: Baseline & Val Vista, MESA

Tuesday, June 1

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE
Bashas': 99th Ave & Beardsley, PEORIA



9am–12:30pm
at these store locations:

Wednesday, June 2

Food City: Dysart & Van Buren, AVONDALE

AJ's: 67th Ave & Beardsley, GLENDALE

Thursday, June 3

Bashas': Higley & Brown MESA

Bashas': Union Hills & 7th St, PHOENIX

Friday, June 4

Bashas': Hayden & Indian School, SCOTTSDALE

AJ's: Skyline & Campbell, TUCSON

Saturday, June 5

Bashas': 99th Ave & Beardsley PEORIA

Bashas': McClintock & Warner, TEMPE

Monday, June 7

Food City: Grand Ave & W. Santa Fe Ln EL MIRAGE

Tuesday, June 8

Bashas': Ellsworth & Brown, MESA

AJ's: Frank Lloyd Wright & Thompson Peak Parkway,
SCOTTSDALE

Wednesday, June 9

Bashas': Thunderbird & 75th Ave, PEORIA

Bashas': Warner & McClintock, TEMPE

Thursday, June 10

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Friday, June 11

Bashas': Power & McDowell MESA

AJ's: 67th Ave & Beardsley, GLENDALE

Saturday, June 12

Bashas': Thornydale and Cortaro Farms Rd, TUCSON

Bashas': Coffee Pot Dr & Yavapai, SEDONA

Monday, June 14

Bashas': Reems & Waddell, SURPRISE

AJ's: Pima & Pinnacle Peak Rd, SCOTTSDALE

Tuesday, June 15

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Wednesday, June 16

Bashas': 7th St & Union Hills Dr PHOENIX

Bashas': Warner & McClintock, TEMPE

Thursday, June 17

Bashas': Sunrise & Kolb, TUCSON

Friday, June 18

Bashas': Mesa Dr & Brown MESA

Food City: 32nd St & Greenway, PHOENIX

Saturday, June 19

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Bashas': 142 Hwy 260, PAYSON

Monday, June 21

Bashas': Sunrise & Kolb, TUCSON

Tuesday, June 22

Bashas': Shea Blvd & 32nd St, PHOENIX

Wednesday, June 23

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Thursday, June 24

Bashas': Higley & Elliot, MESA

Bashas': Cortaro & Thoryndale, TUCSON

Friday, June 25

Bashas': Missouri & 7th St, PHOENIX

Saturday, June 26

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Bashas': Brown & Higley, MESA

Monday, June 28

AJ's: 67th Ave & Beardsley GLENDALE

Tuesday, June 29

Bashas': Shea Blvd & 32nd St, PHOENIX

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, June 30

AJ's: Val Vista & Baseline Rd, MESA



9am–12:30pm
at these store locations:

Thursday, July 1

Bashas': Power & Chandler Heights, QUEEN CREEK
AJ's: Frank Lloyd Wright Blvd & Thompson Peak Pkwy,
SCOTTSDALE

Friday, July 2

Food City: Arizona Ave & Ray Rd, CHANDLER
Bashas': La Cholla & River Rd, TUCSON

Saturday, July 3

Bashas': Hayden & Indian School, SCOTTSDALE
Bashas': 7th St & Missouri, PHOENIX

Monday, July 5

Bashas': Dysart & Camelback, LITCHFIELD PARK
AJ's: Scottsdale & Lincoln, SCOTTSDALE

Tuesday, July 6

Bashas': 7th St & Union Hills, PHOENIX

Wednesday, July 7

AJ's: 67th Ave & Beardsley GLENDALE

Friday, July 9

Bashas': Waddell Rd & Reems Rd, SURPRISE
Food City: 32nd St & Greenway, PHOENIX

Saturday, July 10

Bashas: 650 Finnie Flats Rd, CAMP VERDE
AJ's: 56th St & Ray Rd, CHANDLER

Monday, July 12

Bashas: Sunrise & Kolb, TUCSON
Bashas': Power & McDowell MESA

Tuesday, July 13

Bashas': Higley & Elliot, GILBERT
Bashas': Alma School & Riggs, SUN LAKES

Wednesday, July 14

Bashas': 75th Ave & Thunderbird PEORIA
Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Thursday, July 15

Bashas': 7th St & Union Hills Dr PHOENIX
Bashas': Warner & McClintock, TEMPE

Friday, July 16

Bashas': Coffee Pot & Yavapai Dr, SEDONA
Bashas': Indian School & Hayden, SCOTTSDALE

Saturday, July 17

Food City: Grand Ave & W. Santa Fe Ln EL MIRAGE
Bashas': Power Rd & McDowell, MESA

Monday, July 19

Bashas': Chandler Heights & Power Rd, QUEEN CREEK
Bashas': 36889 N Tom Darlington Dr, CAREFREE

Tuesday, July 20

Food City: 2nd St & Florence, CASA GRANDE

Wednesday, July 21

Food City: 32nd St & Greenway, PHOENIX

Thursday, July 22

Bashas': 99th Ave & Beardsley, PEORIA

Friday, July 23

Bashas': Shea Blvd & 32nd St, PHOENIX

Saturday, July 24

AJ's: 67th Ave & Beardsley, GLENDALE

Monday, July 26

Bashas': Higley & Elliot, MESA

Tuesday, July 27

Food City: Florence St & 2nd St, Casa Grande

Wednesday, July 28

Bashas': Higley & Elliot, GILBERT

Thursday, July 29

Bashas': Granite Reef Rd & McDonald Dr
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Friday, July 30

Bashas': Fort Lowell & Swan, TUCSON

Saturday, July 31

Bashas': 99th Ave & Beardsley, PEORIA