



## 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

# 2021-2022

# 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:

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**Monday, August 2**

**Food City:** 1501 Arizona 89A, COTTONWOOD

**Tuesday, August 3**

**AJ's:** 56th St & Ray Rd, CHANDLER  
**Bashas':** Waddell Rd & Reems Rd, SURPRISE

**Wednesday, August 4**

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

**Thursday, August 5**

**Bashas':** Baseline & Crismon, MESA

**Friday, August 6**

**Bashas':** Oracle & Golder Ranch, TUCSON  
**Food City:** Scottsdale Rd & McKellips, TEMPE

**Saturday, August 7**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA  
**AJ's:** Central & Camelback, PHOENIX

**Monday, August 9**

**Bashas':** RH Johnson & Meeker Blvd, SUN CITY WEST  
**Bashas':** 75th Ave & Thunderbird, PEORIA  
**AJ's:** Val Vista and Baseline, MESA

**Tuesday, August 10**

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

**Wednesday, August 11**

**Bashas':** Higley & Elliot, GILBERT

**Thursday, August 12**

**Bashas':** 99th Ave & Beardsley, PEORIA  
**Food City:** Roger Rd & Flowing Wells Rd, TUCSON

**Friday, August 13**

**Bashas':** Power & McDowell, MESA

**Saturday, August 14**

**Bashas':** 650 Finnie Flats Rd, CAMP VERDE  
**Bashas':** Hayden & Indian School, SCOTTSDALE

**Monday, August 16**

**Bashas':** Warner & McClintock, TEMPE

**Tuesday, August 17**

**AJ's:** 67th Ave & Beardsley GLENDALE  
**Bashas':** 36889 N Tom Darlington Dr, CAREFREE

**Wednesday, August 18**

**Bashas':** 7th St & Missouri, PHOENIX

**Thursday, August 19**

**Bashas':** Gilbert Rd & Chandler Heights Rd, CHANDLER  
**Bashas':** Woodland Village, FLAGSTAFF

**Friday, August 20**

**AJ's:** Pima & Pinnacle Peak Rd, SCOTTSDALE

**Saturday, August 21**

**Bashas':** Waddell Rd & Reems Rd, SURPRISE  
**Bashas':** 32nd St & Shea Blvd, PHOENIX

**Monday, August 23**

**AJ's:** Scottsdale & Lincoln, SCOTTSDALE

**Tuesday, August 24**

**Bashas':** Alma School & Riggs, SUN LAKES

**Wednesday, August 25**

**Food City:** Dysart & Van Buren, AVONDALE

**Thursday, August 26**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Friday, August 27**

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**Saturday, August 28**

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

9am–12:30pm  
 at these store locations:

**Monday, August 30**

**Bashas'**: Ellsworth & Brown, MESA

**Tuesday, August 31**

LAB AND FLU

**Bashas'**: Dysart & Camelback, LITCHFIELD PARK

**Wednesday, September 1**

**AJ's**: Central & Camelback, PHOENIX

**Bashas'**: Sunrise & Kolb, TUCSON

**Thursday, September 2**

**Bashas'**: Higley & Elliot, GILBERT

**Friday, September 3**

LAB AND FLU

**Food City**: Arizona Ave & Ray Rd, CHANDLER

**Saturday, September 4**

LAB AND FLU

**Bashas'**: 32nd St & Shea Blvd, PHOENIX

**Bashas'**: Coffee Pot Dr & Yavapai, SEDONA

**Monday, September 6**

LAB AND FLU

**AJ's**: Lone Mountain & Scottsdale Rd, SCOTTSDALE

LAB AND FLU

**Bashas'**: Verrado Way & Main St, BUCKEYE

**Tuesday, September 7**

**Bashas'**: Power & McDowell, MESA

LAB AND FLU

**AJ's**: 56th St & Ray Rd, CHANDLER

**Wednesday, September 8**

**Bashas'**: 75th Ave & Thunderbird, PEORIA

**Thursday, September 9**

LAB AND FLU

**Food City**: Baseline & Hardy, TEMPE

**AJ's**: Scottsdale & Lincoln Rd, PARADISE VALLEY

**Friday, September 10**

LAB AND FLU

**AJ's**: Baseline & Val Vista, MESA

**Bashas'**: Warner & McClintock, TEMPE

**Saturday, September 11**

**Bashas'**: 7th St & Missouri, PHOENIX

**Food City**: Hwy 92 & Fry Blvd, SIERRA VISTA

**Monday, September 13**

**Bashas'**: Palisades & Saguaro, FOUNTAIN HILLS

**Food City**: Kiowa Ave & Lake Havasu, LAKE HAVASU CITY

**Tuesday, September 14**

LAB AND FLU

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

**Wednesday, September 15**

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

**Thursday, September 16**

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

**Bashas'**: Power & Chandler Heights, QUEEN CREEK

**Friday, September 17**

LAB AND FLU

**Food City**: Dysart & Van Buren, AVONDALE

**Bashas'**: Maricopa & Smith Enke, MARICOPA

**Saturday, September 18**

LAB AND FLU

**AJ's**: Skyline & Campbell, TUCSON

**Bashas'**: Waddell Rd & Reems Rd, SURPRISE

**Monday, September 20**

LAB AND FLU

**AJ's**: 67th Ave & Beardsley, GLENDALE

**Bashas'**: Mesa Dr & Brown, MESA

**Tuesday, September 21**

**Bashas'**: Gilbert Rd & Chandler Heights Rd, CHANDLER



9am–12:30pm  
at these store locations:

**Wednesday, September 22**

LAB AND FLU

**AJ's:** 44th St & Camelback, PHOENIX

**Thursday, September 23**

LAB AND FLU

**Bashas':** McDonald & Granite Reef, SCOTTSDALE

**Friday, September 24**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Saturday, September 25**

**Bashas':** Camp Lowell & Swan, TUCSON

**Bashas':** 5310 S Superstition Mountain Dr, GOLD CANYON

**Monday, September 27**

**Bashas':** 650 Finnie Flats Rd, CAMP VERDE

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**Tuesday, September 28**

LAB AND FLU

**Bashas':** 36889 N Tom Darlington Dr, CAREFREE

**Wednesday, September 29**

**Bashas':** 48th St & Warner, PHOENIX

**Thursday, September 30**

LAB AND FLU

**Food City:** Florence St & 2nd St, CASA GRANDE

**Friday, October 1**

LAB AND FLU

**Bashas':** Mesa Dr & Brown, MESA

**Saturday, October 2**

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**Bashas':** Bell Rd & Thompson Peak Pkwy,  
SCOTTSDALE

**Monday, October 4**

LAB AND FLU

**Bashas':** 32nd St & Shea Blvd, PHOENIX

LAB AND FLU

**Food City:** Dysart & Van Buren, AVONDALE

**Tuesday, October 5**

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Wednesday, October 6**

**Bashas':** 7th St & Missouri, PHOENIX

**Thursday, October 7**

**Bashas':** Warner & McClintock, TEMPE

**Friday, October 8**

LAB AND FLU

**Bashas':** 142 Hwy 260, PAYSON

**Food City:** 32nd St & Greenway, PHOENIX

**Saturday, October 9**

LAB AND FLU

**Bashas':** Coffee Pot & Yavapai Dr, SEDONA

**Food City:** Baseline & Central, PHOENIX

**Monday, October 11**

**Bashas':** Hayden & Indian School, SCOTTSDALE

**Tuesday, October 12**

**Bashas':** La Cholla & River Rd, TUCSON

**Wednesday, October 13**

**Bashas':** Waddell Rd & Reems Rd, SURPRISE

**Thursday, October 14**

LAB AND FLU

**AJ's:** Pima & Legacy, SCOTTSDALE

**Friday, October 15**

**Bashas':** Elliot and Higley, GILBERT



9am–12:30pm  
at these store locations:

### Saturday, October 16

LAB AND FLU

**Food City:** Dorsey Ln & Apache Blvd, TEMPE

LAB AND FLU

**Bashas':** 2700 S Woodlands Village Blvd, FLAGSTAFF

### Monday, October 18

LAB AND FLU

**Bashas':** 32nd St & Shea Blvd, PHOENIX

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

**Bashas':** 99th Ave & Beardsley, PEORIA

### Tuesday, October 19

LAB AND FLU

**Food City:** Arizona Ave & Ray Rd, CHANDLER

### Wednesday, October 20

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

### Thursday, October 21

**Bashas':** Brown & Higley, MESA

### Friday, October 22

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**Bashas':** 75th Ave & Thunderbird, PEORIA

### Saturday, October 23

**Bashas':** Cortaro & Thornydale, TUCSON

**Bashas':** 142 Hwy 260, PAYSON

### Monday, October 25

LAB AND FLU

**Bashas':** 650 Finnie Flats Rd, CAMP VERDE

LAB AND FLU

**Food City:** Hardy & Baseline, TEMPE

### Tuesday, October 26

LAB AND FLU

**Food City:** 51st Ave & McDowell Rd PHOENIX

### Wednesday, October 27

LAB AND FLU

**AJ's:** 67th Ave & Beardsley, GLENDALE

### Thursday, October 28

**Bashas':** Gilbert Rd & Chandler Heights Rd, CHANDLER

### Friday, October 29

LAB AND FLU

**AJ's:** Central & Camelback, PHOENIX

LAB AND FLU

**AJ's:** Baseline & Val Vista, MESA

### Saturday, October 30

**Bashas':** Maricopa & Smith Enke Rd, MARICOPA

LAB AND FLU

**Food City:** Country Club & 22nd, TUCSON

### Monday, November 1

**Bashas':** 48th St & Warner, PHOENIX

### Tuesday, November 2

LAB AND FLU

**Food City:** 1501 Arizona 89A, COTTONWOOD

**Bashas':** Elliot and Higley, GILBERT

### Wednesday, November 3

LAB AND FLU

**Food City:** Florence St & 2nd St, CASA GRANDE

### Thursday, November 4

**Bashas':** Warner & McClintock, TEMPE

### Friday, November 5

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

### Saturday, November 6

**Bashas':** Hayden & Indian School, SCOTTSDALE

**Bashas':** Ellsworth & Brown, MESA

### Monday, November 8

LAB AND FLU

**AJ's:** Central & Camelback PHOENIX

**Bashas':** Cortaro & Thornydale, TUCSON



9am–12:30pm  
at these store locations:

**Tuesday, November 9**

**Bashas'**: Gilbert Rd & Chandler Heights Rd, CHANDLER

**Bashas'**: 75th Ave & Thunderbird, PEORIA

**Wednesday, November 10**

**Bashas'**: Waddell Rd & Reems Rd, SURPRISE

LAB AND FLU

**AJ's**: 56th St & Ray Rd, CHANDLER

**Thursday, November 11**

LAB AND FLU

**Bashas'**: Mesa Dr & Brown, MESA

LAB AND FLU

**AJ's**: 44th St & Camelback, PHOENIX

**Friday, November 12**

LAB AND FLU

**AJ's**: 67th Ave & Beardsley, GLENDALE

LAB AND FLU

**Food City**: Scottsdale Rd & McKellips, TEMPE

**Saturday, November 13**

LAB AND FLU

**AJ's**: Lone Mountain & Scottsdale Rd, SCOTTSDALE

**Bashas'**: Coffee Pot & Yavapai Dr, SEDONA

**Monday, November 15**

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

**Food City**: Hwy 92 & Fry Blvd, SIERRA VISTA

**Tuesday, November 16**

**AJ's**: Scottsdale & Lincoln, SCOTTSDALE

**Bashas'**: Dysart & Camelback, LITCHFIELD PARK

**Wednesday, November 17**

LAB AND FLU

**AJ's**: Baseline & Val Vista, MESA

**Bashas'**: 99th Ave & Beardsley, PEORIA

**Thursday, November 18**

LAB AND FLU

**Food City**: Dysart & Van Buren, AVONDALE

**Friday, November 19**

**Bashas'**: Alma School & Riggs, SUN LAKES

**Bashas'**: Swan & Fort Lowell Rd, TUCSON

**Saturday, November 20**

**Bashas'**: Baseline & Crismon, MESA

LAB AND FLU

**Bashas'**: 32nd St & Shea Blvd, PHOENIX

**Monday, November 22**

LAB AND FLU

**Bashas'**: 650 Finnie Flats Rd, CAMP VERDE

**Bashas'**: Power & Chandler Heights, QUEEN CREEK

**Tuesday, November 23**

**Bashas'**: Brown & Higley, MESA

**Bashas'**: 142 Hwy 260, PAYSON

**Friday, November 26**

**AJ's**: 56th St & Ray Rd, CHANDLER

**Bashas'**: 75th Ave & Thunderbird, PEORIA

**Saturday, November 27**

**Bashas'**: 7th St & Missouri, PHOENIX

**AJ's**: Pima & Pinnacle Peak, SCOTTSDALE

**Monday, November 29**

LAB AND FLU

**Food City**: Dorsey Ln & Apache, TEMPE

LAB AND FLU

**Bashas'**: McDonald & Granite Reef, SCOTTSDALE

**Tuesday, November 30**

LAB AND FLU

**Bashas'**: Verrado Way & Main St, BUCKEYE

LAB AND FLU

**AJ's**: Skyline & Campbell, TUCSON

**Wednesday, December 1**

**Bashas'**: Power & McDowell, MESA

**Bashas'**: 36889 N Tom Darlington Dr, CAREFREE



9am–12:30pm  
at these store locations:

**Thursday, December 2**

**Bashas'**: Warner & McClintock, TEMPE

**Friday, December 3**

LAB AND FLU

**Food City**: Arizona Ave & Ray Rd, CHANDLER

**Saturday, December 4**

LAB AND FLU

**Bashas'**: 32nd St & Shea Blvd, PHOENIX

**Bashas'**: Waddell Rd & Reems Rd, SURPRISE

**Monday, December 6**

LAB AND FLU

**Bashas'**: Granite Reef Rd & McDonald Dr, SCOTTSDALE

LAB AND FLU

**Food City**: Bethany Home Rd & 27th Ave, PHOENIX

**Bashas'**: Ellsworth & Brown, MESA

**Tuesday, December 7**

LAB AND FLU

**Food City**: Hardy & Baseline, TEMPE

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

**Wednesday, December 8**

**Bashas'**: 5310 S Superstition Mountain Dr,  
GOLD CANYON

**Bashas'**: Power & Chandler Heights, QUEEN CREEK

**Thursday, December 9**

**Bashas'**: 20351 N Lake Pleasant Rd, PEORIA

**Bashas'**: Cortaro & Thornydale, TUCSON

**Friday, December 10**

LAB AND FLU

**Bashas'**: 650 Finnie Flats Rd, CAMP VERDE

**Bashas'**: Dysart & Camelback, LITCHFIELD PARK

**Bashas'**: Alma School & Riggs, SUN LAKES

**Saturday, December 11**

LAB AND FLU

**Food City**: 51st Ave & McDowell Rd PHOENIX

**Bashas'**: Elliot and Higley, GILBERT

**Monday, December 13**

LAB AND FLU

**Bashas'**: 32nd St & Shea Blvd, PHOENIX

**Bashas'**: Palisades & Saguaro, FOUNTAIN HILLS

**Tuesday, December 14**

LAB AND FLU

**Bashas'**: Higley & Brown MESA

LAB AND FLU

**AJ's**: Pima & Pinnacle Peak, SCOTTSDALE

**Wednesday, December 15**

**Bashas'**: 75th Ave & Thunderbird, PEORIA

**Bashas'**: Oracle & Golden Rancher TUCSON

**Thursday, December 16**

**Bashas'**: Gilbert Rd & Chandler Heights Rd, CHANDLER

LAB AND FLU

**Food City**: Dysart & Van Buren, AVONDALE

**Friday, December 17**

LAB AND FLU

**AJ's**: Baseline & Val Vista, MESA

**Saturday, December 18**

LAB AND FLU

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

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

**Monday, December 20**

**Bashas'**: 7th St & Missouri, PHOENIX

**Tuesday, December 21**

**Bashas'**: 2700 S Woodlands Village Blvd, FLAGSTAFF

**Wednesday, December 22**

**AJ's**: 67th Ave & Beardsley GLENDALE

**Saturday, December 25**

**AJ's**: Scottsdale & Lincoln Rd, SCOTTSDALE



9am–12:30pm  
at these store locations:

**Monday, December 27**

LAB AND FLU

**AJ's:** Ray Rd & 56th St CHANDLER

**Tuesday, December 28**

**Bashas':** Sunrise & Kolb Rd, TUCSON

**Wednesday, December 29**

**Bashas':** Baseline & Crismon Rd, MESA

**Thursday, December 30**

**Bashas':** 48th St & Warner, PHOENIX

**2022**

**Saturday, January 1**

**Bashas':** Alma School & Riggs, SUN LAKES

**AJ's:** Pima & Legacy, SCOTTSDALE

**Monday, January 3**

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

**Tuesday, January 4**

**AJ's:** Pima & Legacy, SCOTTSDALE

**Wednesday, January 5**

**Food City:** Dysart & Van Buren, AVONDALE

**Thursday, January 6**

**AJ's:** Baseline & Val Vista, MESA

**Friday, January 7**

**Bashas':** 36889 N Tom Darlington Dr, CAREFREE

**AJ's:** Ray Rd & 56th St CHANDLER

**Saturday, January 8**

**Bashas':** Warner & McClintock, TEMPE

**AJ's:** 67th Ave & Beardsley GLENDALE

**Monday, January 10**

**Bashas':** Hayden & Indian School SCOTTSDALE

**Bashas':** 99th Ave & Beardsley, PEORIA

**Tuesday, January 11**

**Bashas':** Oracle & Golden Rancher TUCSON

**Bashas':** Shea & 32nd St, PHOENIX

**Wednesday, January 12**

**AJ's:** Pima & Pinnacle Peak, SCOTTSDALE

**Thursday, January 13**

**Bashas':** Power Rd & Chandler Heights QUEEN CREEK





9am–12:30pm  
at these store locations:

**Friday, January 14**

**Food City:** 51st Ave & McDowell Rd PHOENIX

**Bashas':** Coffee Pot Dr & Yavapai, SEDONA

**Saturday, January 15**

**Bashas':** Higley & Brown MESA

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Monday, January 17**

**Bashas':** Verrado Way & Main St, BUCKEYE

**Bashas':** Granite Reef Rd & McDonald Dr, SCOTTSDALE

**Tuesday, January 18**

**Bashas':** Waddell Rd & Reems Rd, SURPRISE

**Bashas':** 7th St & Missouri, PHOENIX

**Wednesday, January 19**

**Bashas':** Mesa Dr & Brown, MESA

**Thursday, January 20**

**Food City:** Florence & 2nd St, CASA GRANDE

**Bashas':** 48th St & Warner, PHOENIX

**Friday, January 21**

**Bashas':** Cortaro & Thornydale, TUCSON

**Saturday, January 22**

**Bashas':** John Wayne Pkwy & Smith Enke Rd, MARICOPA

**Food City:** 32nd St & Greenway, PHOENIX

**Monday, January 24**

**Bashas':** Gilbert Rd & Chandler Heights Rd, CHANDLER

**Food City:** Scottsdale Rd & McKellips, TEMPE

**Tuesday, January 25**

**Food City:** 44th st & McDowell Rd PHOENIX

**Wednesday, January 26**

**Bashas':** Riggs Rd & Alma School, SUN LAKES

**Bashas':** Higley & Elliot, GILBERT

**Thursday, January 27**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**Friday, January 28**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Saturday, January 29**

**Bashas':** 650 Finnie Flats Rd, CAMP VERDE

**Bashas':** Ellsworth & Brown MESA

**Monday, January 31**

**AJ's:** Camelback & Central PHOENIX

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

**Tuesday, February 1**

**Bashas':** Power & McDowell MESA

**Wednesday, February 2**

**Food City:** Dysart & Van Buren, AVONDALE

**Thursday, February 3**

**Bashas':** Shea & 32nd St, PHOENIX

**Bashas':** La Cholla & River Rd, TUCSON

**Friday, February 4**

**Bashas':** Warner & McClintock, TEMPE

**Bashas':** Indian School & Hayden, SCOTTSDALE

**Saturday, February 5**

**Bashas':** Mesa Dr & Brown, MESA

**Bashas':** 48th St & Warner Rd, PHOENIX

**Monday, February 7**

**Food City:** 32nd St & Greenway, PHOENIX

**Tuesday, February 8**

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Wednesday, February 9**

**Bashas':** Palisades & Saguaro, FOUNTAIN HILLS

**AJ's:** Scottsdale & Lincoln, SCOTTSDALE



9am–12:30pm  
at these store locations:

**Thursday, February 10**

**Bashas':** 7th St & Missouri, PHOENIX  
**AJ's:** 67th Ave & Beardsley GLENDALE

**Friday, February 11**

**AJ's:** Baseline & Val Vista, MESA  
**Bashas':** Camp Lowell & Swan, TUCSON

**Saturday, February 12**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA  
**Bashas':** 99th Ave & Beardsley, PEORIA

**Monday, February 14**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK  
**AJ's:** Lone Mountain & Scottsdale, SCOTTSDALE

**Tuesday, February 15**

**Bashas':** Chandler Heights & Gilbert, CHANDLER  
**Food City:** Kiowa Ave & Lake Havasu, LAKE HAVASU CITY

**Wednesday, February 16**

**Bashas':** Higley & Brown, MESA  
**AJ's:** Central & Camelback Rd, PHOENIX

**Thursday, February 17**

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

**Friday, February 18**

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

**Saturday, February 19**

**AJ's:** Skyline & Campbell, TUCSON  
**Bashas':** Superstition Mountain & Hwy 60,  
GOLD CANYON

**Monday, February 21**

**Bashas':** Baseline & Crismon Rd, MESA

**Tuesday, February 22**

**Food City:** 51st Ave & McDowell Rd PHOENIX

**Wednesday, February 23**

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

**Thursday, February 24**

**Bashas':** Gilbert Rd & Chandler Heights Rd, CHANDLER

**Friday, February 25**

**Food City:** 44th st & McDowell Rd PHOENIX  
**Bashas':** Waddell Rd & Reems Rd, SURPRISE  
**Bashas':** RH Johnson & Meeker Blvd, SUN CITY WEST

**Saturday, February 26**

**Bashas':** Ellsworth and Brown, MESA  
**Bashas':** Higley & Elliot, GILBERT

**Monday, February 28**

**Bashas':** 36889 N Tom Darlington Dr, CAREFREE

**Tuesday, March 1**

**Bashas':** 75th Ave & Thunderbird Rd, PEORIA

**Wednesday, March 2**

**Food City:** Stapley & Main, MESA

**Thursday, March 3**

**Food City:** Roger Rd & Flowing Wells Rd, TUCSON

**Friday, March 4**

**Food City:** Dorsey Ln & Apache Blvd, TEMPE

**Saturday, March 5**

**Bashas':** 650 Finnie Flats Rd, CAMP VERDE  
**Bashas':** Baseline & Crismon, MESA

**Monday, March 7**

**Bashas':** 5310 S Superstition Mountain Dr,  
GOLD CANYON  
**Food City:** Arizona Ave & Ray Rd, CHANDLER

**Tuesday, March 8**

**Food City:** Baseline & Central, PHOENIX



9am–12:30pm  
at these store locations:

**Wednesday, March 9**

**Bashas':** 36889 N Tom Darlington Dr, CAREFREE  
**Bashas':** Brown & Higley, MESA

**Thursday, March 10**

**AJ's:** 67th Ave & Beardsley GLENDALE

**Friday, March 11**

**Bashas':** Palisades & Saguaro, FOUNTAIN HILLS  
**Bashas':** Coffee Pot & Yavapai Dr, SEDONA

**Saturday, March 12**

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

**Monday, March 14**

**Bashas':** Warner & McClintock, TEMPE

**Tuesday, March 15**

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

**Wednesday, March 16**

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

**Thursday, March 17**

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

**Friday, March 18**

**Bashas':** Chandler Heights & Power Rd, QUEEN CREEK

**Saturday, March 19**

**Bashas:** 650 Finnie Flats Rd, CAMP VERDE  
**AJ's:** Camelback & Central PHOENIX

**Monday, March 21**

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

**Tuesday, March 22**

**Bashas':** Waddell Rd & Reems Rd, SURPRISE

**Wednesday, March 23**

**Bashas':** Verrado Way & Main St, BUCKEYE

**Thursday, March 24**

**Bashas':** 142 Hwy 260, PAYSON

**Friday, March 25**

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

**Saturday, March 26**

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

**Monday, March 28**

**Food City:** Hwy 92 & Fry Blvd, SIERRA VISTA

**Tuesday, March 29**

**Bashas':** Smith Enke & John Wayne Pkwy, MARICOPA

**Wednesday, March 30**

**Bashas':** Granite Reef Rd & McDonald Dr, SCOTTSDALE  
**Bashas':** Humphreys & Columbus, FLAGSTAFF

**Thursday, March 31**

**Bashas':** Crismon Rd & Baseline Rd, MESA

**Friday, April 1**

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

**Saturday, April 2**

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

**Monday, April 4**

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



9am–12:30pm  
at these store locations:

**Tuesday, April 5**

**Bashas'**: Hayden & Indian School, SCOTTSDALE

**Wednesday, April 6**

**Bashas'**: Warner & McClintock, TEMPE

**Bashas'**: 99th Ave & Beardsley, PEORIA

**Thursday, April 7**

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

**Bashas'**: Power Rd & McDowell, MESA

**Friday, April 8**

**Food City**: Central & Baseline Rd, PHOENIX

**Bashas**: 650 Finnie Flats Rd, CAMP VERDE

**Bashas'**: 7th St & Missouri, PHOENIX

**Saturday, April 9**

**AJ's**: 67th Ave & Beardsley, GLENDALE

**Bashas'**: McDonald & Granite Reef, SCOTTSDALE

**Monday, April 11**

**Bashas'**: 36889 N Tom Darlington Dr, CAREFREE

**AJ's**: 56th St & Ray Rd, CHANDLER

**Tuesday, April 12**

**Food City**: 32nd St & Greenway, PHOENIX

**Wednesday, April 13**

**AJ's**: Val Vista & Baseline Rd, MESA

**Thursday, April 14**

**Bashas'**: Dysart & Camelback, LITCHFIELD PARK

**Bashas'**: Palisades & Saguaro, FOUNTAIN HILLS

**Friday, April 15**

**Food City**: 22nd st & Country Club Rd, TUCSON

**AJ's**: Camelback & 44th St, PHOENIX

**Saturday, April 16**

**Bashas'**: Mesa Dr & Brown MESA

**Bashas'**: Coffee Pot & Yavapai Dr, SEDONA

**Monday, April 18**

**Bashas'**: Power & Chandler Heights, QUEEN CREEK

**AJ's**: Camelback & Central PHOENIX

**Tuesday, April 19**

**Food City**: Baseline & Hardy, TEMPE

**Bashas'**: Chandler Heights & Gilbert Rd, CHANDLER

**Wednesday, April 20**

**Bashas'**: Higley & Brown MESA

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

**Thursday, April 21**

**FOOD CITY**: La Cholla & River Rd, TUCSON

**Bashas'**: Waddell Rd & Reems Rd, SURPRISE

**Friday, April 22**

**Bashas'**: Warner & 48th St, PHOENIX

**AJ's**: Pima & Legacy, SCOTTSDALE

**Saturday, April 23**

**Food City**: 2nd St & Florence, CASA GRANDE

**Food City**: 44th st & McDowell Rd PHOENIX

**Monday, April 25**

**Bashas'**: Ellsworth & Brown, MESA

**Tuesday, April 26**

**Bashas'**: 3269 Maricopa Ave, LAKE HAVASU CITY

**Wednesday, April 27**

**Bashas'**: Elliot and Higley, GILBERT

**Bashas'**: Shea Blvd & 32nd St, PHOENIX

**Thursday, April 28**

**Bashas'**: Baseline & Central, PHOENIX

**Friday, April 29**

**AJ's**: Scottsdale & Lincoln, SCOTTSDALE



9am–12:30pm  
at these store locations:

**Saturday, April 30**

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

**Food City:** Scottsdale Rd & McKellips, TEMPE

**Monday, May 2**

**Bashas':** 48th St & Warner, PHOENIX

**Tuesday, May 3**

**Bashas':** Camp Lowell & Swan, TUCSON

**Wednesday, May 4**

**Bashas':** 99th Ave & Beardsley PEORIA

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**Thursday, May 5**

**Bashas':** Hayden & Indian School, SCOTTSDALE

**Bashas':** Brown & Higley, MESA

**Friday, May 6**

**Bashas':** Bell & Thompson Peak Pkwy, SCOTTSDALE

**Food City:** Arizona Ave & Ray Rd, CHANDLER

**Saturday, May 7**

**Bashas':** 650 Finnie Flats Rd, CAMP VERDE

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

**Monday, May 9**

**Food City:** Dysart & Van Buren, AVONDALE

**Tuesday, May 10**

**Bashas':** Crismon and Baseline, MESA

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

**Wednesday, May 11**

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Bashas':** Sunrise & Kolb, TUCSON

**Thursday, May 12**

**AJ's:** 67th Ave & Beardsley, GLENDALE

**AJ's:** Skyline & Campbell, TUCSON

**Friday, May 13**

**Bashas':** Coffee Pot & Yavapai Dr, SEDONA

**Saturday, May 14**

**Bashas':** Higley & Elliot, GILBERT

**Bashas':** 7th St & Missouri, PHOENIX

**Monday, May 16**

**Food City:** Hwy 92 & Fry Blvd, SIERRA VISTA

**Tuesday, May 17**

**Bashas':** Ellsworth and Brown, MESA

**AJ's:** Camelback & Central, PHOENIX

**Wednesday, May 18**

**Bashas':** Superstition Mtn Dr & Superstition Fwy,  
GOLD CANYON

**Food City:** Hardy & Baseline, TEMPE

**Thursday, May 19**

**AJ's:** Scottsdale & Lincoln, SCOTTSDALE

**Bashas':** Palisades & Saguaro, FOUNTAIN HILLS

**Friday, May 20**

**Bashas':** Gilbert Rd & Chandler Heights Rd, CHANDLER

**Saturday, May 21**

**Bashas':** 2700 S Woodlands Village Blvd, FLAGSTAFF

**Bashas':** Verrado Way & Main St, BUCKEYE

**Monday, May 23**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**Bashas':** Shea Blvd & 32nd St, PHOENIX

**Tuesday, May 24**

**AJ's:** Skyline & Campbell, TUCSON

**Wednesday, May 25**

**Food City:** 51st Ave & McDowell Rd PHOENIX

**AJ's:** Val Vista & Baseline Rd, MESA

**Thursday, May 26**

**Bashas':** Smith Enke & John Wayne Pkwy, MARICOPA



9am–12:30pm  
at these store locations:

**Friday, May 27**

**Bashas':** Waddell Rd & Reems Rd, SURPRISE  
**Bashas':** 36889 N Tom Darlington Dr, CAREFREE

**Saturday, May 28**

**Food City:** 1501 Arizona 89A, COTTONWOOD  
**Bashas':** Power Rd & McDowell, MESA

**Monday, May 30**

**Food City:** Dorsey Ln & Apache Blvd, TEMPE

**Tuesday, May 31**

**Bashas':** Granite Reef Rd & McDonald Dr, SCOTTSDALE

**Wednesday, June 1**

**Food City:** Dysart & Van Buren, AVONDALE  
**AJ's:** 56th St & Ray Rd, CHANDLER

**Thursday, June 2**

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

**Friday, June 3**

**Bashas':** Hayden & Indian School, SCOTTSDALE  
**AJ's:** Skyline & Campbell, TUCSON

**Saturday, June 4**

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

**Monday, June 6**

**AJ's:** Central & Camelback, PHOENIX

**Tuesday, June 7**

**Bashas':** Ellsworth & Brown, MESA  
**AJ's:** Frank Lloyd Wright & Thompson Peak Parkway,  
SCOTTSDALE

**Wednesday, June 8**

**Bashas':** Thunderbird & 75th Ave, PEORIA  
**Bashas':** Warner & 48th St, PHOENIX

**Thursday, June 9**

**Bashas':** Chandler Heights & Gilbert Rd, CHANDLER

**Friday, June 10**

**AJ's:** 67th Ave & Beardsley, GLENDALE  
**Bashas':** Thornydale and Cortaro Farms Rd, TUCSON

**Saturday, June 11**

**Bashas':** Power & McDowell MESA  
**Bashas':** Coffee Pot Dr & Yavapai, SEDONA

**Monday, June 13**

**Bashas':** Reems & Waddell, SURPRISE  
**AJ's:** Pima & Pinnacle Peak Rd, SCOTTSDALE

**Tuesday, June 14**

**Bashas':** 650 Finnie Flats Rd, CAMP VERDE

**Wednesday, June 15**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK  
**Bashas':** Warner & McClintock, TEMPE

**Thursday, June 16**

**Bashas':** 142 Hwy 260, PAYSON

**Friday, June 17**

**Bashas':** Mesa Dr & Brown MESA  
**Food City:** 32nd St & Greenway, PHOENIX

**Saturday, June 18**

**Bashas':** Palisades & Saguaro, FOUNTAIN HILLS  
**Bashas':** Alma School & Riggs, SUN LAKES

**Monday, June 20**

**Bashas':** McDonald & Granite Reef, SCOTTSDALE

**Tuesday, June 21**

**Bashas':** Shea Blvd & 32nd St, PHOENIX

**Wednesday, June 22**

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



9am–12:30pm  
at these store locations:

**Thursday, June 23**

**Bashas':** Higley & Elliot, MESA

**Bashas':** Oracle & Golder Ranch, TUCSON

**Friday, June 24**

**Bashas':** Missouri & 7th St, PHOENIX

**Saturday, June 25**

**Food City:** Hwy 92 & Fry Blvd, SIERRA VISTA

**Bashas':** Brown & Higley, MESA

**Monday, June 27**

**Bashas':** 3269 Maricopa Ave, LAKE HAVASU CITY

**Tuesday, June 28**

**Food City:** Scottsdale Rd & McKellips, TEMPE

**Wednesday, June 29**

**Bashas':** Shea Blvd & 32nd St, PHOENIX

**Thursday, June 30**

**AJ's:** 44th St & Camelback, PHOENIX

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**Friday, July 1**

**Food City:** Arizona Ave & Ray Rd, CHANDLER

**Bashas':** La Cholla & River Rd, TUCSON

**Saturday, July 2**

**Bashas':** Hayden & Indian School, SCOTTSDALE

**Bashas':** 7th St & Missouri, PHOENIX

**Tuesday, July 5**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**AJ's:** Scottsdale & Lincoln, SCOTTSDALE

**Wednesday, July 6**

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

**Thursday, July 7**

**AJ's:** 67th Ave & Beardsley GLENDALE

**Friday, July 8**

**Bashas':** Waddell Rd & Reems Rd, SURPRISE

**Bashas':** Bell Rd & Thompson Peak Pkwy,  
SCOTTSDALE

**Saturday, July 9**

**Bashas':** 650 Finnie Flats Rd, CAMP VERDE

**AJ's:** 56th St & Ray Rd, CHANDLER

**Monday, July 11**

**Bashas':** Sunrise & Kolb, TUCSON

**Bashas':** Power & McDowell MESA

**Tuesday, July 12**

**Bashas':** Alma School & Riggs, SUN LAKES

**Wednesday, July 13**

**Bashas':** 75th Ave & Thunderbird PEORIA

**Bashas':** Palisades & Saguaro, FOUNTAIN HILLS

**Thursday, July 14**

**Food City:** Baseline & Central, PHOENIX

**Bashas':** Warner & McClintock, TEMPE

**Friday, July 15**

**Bashas':** Coffee Pot & Yavapai Dr, SEDONA

**AJ's:** Pima & Legacy, SCOTTSDALE

**Saturday, July 16**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Bashas':** 5310 S Superstition Mountain Dr, GOLD CANYON

**Monday, July 18**

**Bashas':** Chandler Heights & Power Rd, QUEEN CREEK

**Bashas':** 36889 N Tom Darlington Dr, CAREFREE

**Tuesday, July 19**

**Bashas':** Ellsworth & Brown, MESA



9am–12:30pm  
at these store locations:

**Wednesday, July 20**

**Food City:** 32nd St & Greenway, PHOENIX

**Food City:** Campbell & Irvington Rd, TUCSON

**Thursday, July 21**

**Bashas':** Verrado Way & Main St, BUCKEYE

**Friday, July 22**

**Bashas':** Humphreys & Columbus, FLAGSTAFF

**Bashas':** 32nd St & Shea Blvd, PHOENIX

**Saturday, July 23**

**AJ's:** Val Vista and Baseline, MESA

**AJ's:** 44th St & Camelback, PHOENIX

**Monday, July 25**

**Bashas':** Higley & Elliot, GILBERT

**Tuesday, July 26**

**Food City:** Florence St & 2nd St, CASA GRANDE

**Wednesday, July 27**

**Food City:** Dorsey Ln & Apache Blvd, TEMPE

**Thursday, July 28**

**Bashas':** Granite Reef Rd & McDonald Dr, SCOTTSDALE

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

**Friday, July 29**

**Bashas':** Camp Lowell & Swan, TUCSON

**Saturday, July 30**

**Bashas':** Maricopa & Smith Enke, MARICOPA

**Bashas':** Baseline & Crismon, MESA

**Healthwaves**

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