



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 \$55

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

2022-2023

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 \$30

Major iron storing protein in the body.

PT/INR \$35

Clotting time of blood.

Vitamin B12 Test \$48

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

Folate (Folic Acid) \$32

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:

Monday, August 1

Food City: 32nd St & Greenway, PHOENIX

Bashas': River & La Cholla, TUCSON

Tuesday, August 2

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

Wednesday, August 3

AJ's: Val Vista & Baseline, MESA

Thursday, August 4

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

Friday, August 5

Bashas': Baseline & Crismon, MESA

Saturday, August 6

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

AJ's: Central & Camelback, PHOENIX

Monday, August 8

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

Bashas': 75th Ave & Thunderbird, PEORIA

Tuesday, August 9

Bashas': 7th St & Union Hills Dr PHOENIX

Wednesday, August 10

Bashas': Higley & Elliot, GILBERT

Thursday, August 11

Bashas': 99th Ave & Beardsley, PEORIA

Food City: Roger Rd & Flowing Wells Rd, TUCSON

Friday, August 12

Bashas': Power & McDowell, MESA

Saturday, August 13

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Bashas': Hayden & Indian School, SCOTTSDALE

Monday, August 15

Bashas': Warner & McClintock, TEMPE

Tuesday, August 16

AJ's: 67th Ave & Beardsley GLENDALE

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Wednesday, August 17

Bashas': 7th St & Missouri, PHOENIX

Thursday, August 18

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

AJ's: Pima & Legacy, SCOTTSDALE

Friday, August 19

Bashas': 32nd St & Shea Blvd, CHANDLER

Saturday, August 20

Bashas': 650 Finnie Flats Road, CAMP VERDE

Bashas': Waddell Rd & Reems Rd, SURPRISE

Monday, August 22

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Tuesday, August 23

Bashas': Alma School & Riggs, SUN LAKES

Bashas': Camp Lowell & Swan, TUCSON

Wednesday, August 24

Food City: Dysart & Van Buren, AVONDALE

Thursday, August 25

Bashas': 99th Ave & Beardsley, PEORIA

9am–12:30pm
at these store locations:

Friday, August 26

Bashas': Power & Chandler Heights, QUEEN CREEK

Saturday, August 27

AJ's: 44th St & Camelback, PHOENIX

Food City: Florence & 2nd St, CASA GRANDE

Monday, August 29

Bashas': Ellsworth & Brown, MESA

Tuesday, August 30

Bashas': Dysart & Camelback, LITCHFIELD PARK

Wednesday, August 31

AJ's: Central & Camelback, PHOENIX

Bashas': Sunrise & Kolb, TUCSON

Thursday, September 1

Bashas': Higley & Elliot, GILBERT

Friday, September 2

Food City: Arizona Ave & Ray Rd, CHANDLER

Saturday, September 3

Bashas': 32nd St & Shea Blvd, PHOENIX

Bashas': Coffee Pot Dr & Yavapai, SEDONA

Tuesday, September 6

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Bashas': Verrado Way & Main St, BUCKEYE

Wednesday, September 7

Bashas': Power & McDowell, MESA

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

Thursday, September 8

Food City: Baseline & Hardy, TEMPE

Bashas': 75th Ave & Thunderbird, PEORIA

Friday, September 9

AJ's: Baseline & Val Vista, MESA

Saturday, September 10

Bashas': 7th St & Missouri, PHOENIX

AJ's: Scottsdale & Lincoln Rd, SCOTTSDALE

Monday, September 12

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Bashas': Warner & McClintock, TEMPE

Tuesday, September 13

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

Wednesday, September 14

Bashas': 7th St & Union Hills, PHOENIX

Thursday, September 15

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

Bashas': Power & Chandler Heights, QUEEN CREEK

Friday, September 16

Food City: Dysart & Van Buren, AVONDALE

Bashas': Maricopa & Smith Enke Rd, MARICOPA

Saturday, September 17

AJ's: Skyline & Campbell, TUCSON

Bashas': Waddell Rd & Reems Rd, SURPRISE

Monday, September 19

AJ's: 67th Ave & Beardsley, GLENDALE

Food City: Mesa Dr & Brown, MESA

Tuesday, September 20

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Wednesday, September 21

AJ's: 44th St & Camelback, PHOENIX

Thursday, September 22

Bashas': McDonald & Granite Reef, SCOTTSDALE

9am–12:30pm
at these store locations:

Friday, September 23

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

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, September 24

Bashas': Camp Lowell & Swan, TUCSON

Bashas': Dysart & Camelback, LITCHFIELD PARK

Monday, September 26

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Tuesday, September 27

Bashas': Hayden & Indian School, SCOTTSDALE

Wednesday, September 28

Bashas': 48th St & Warner, PHOENIX

Thursday, September 29

Bashas': 5310 S Superstition Mountain Dr, GOLD CANYON

Friday, September 30

Bashas': Brown & Higley, MESA

Saturday, October 1

Bashas': Oracle & Golder Ranch, TUCSON

Bashas': Higley & Elliot, GILBERT

Monday, October 3

Food City: Dysart & Van Buren, AVONDALE

Thursday, October 6

Bashas': Warner & McClintock, TEMPE

Friday, October 7

Food City: 32nd St & Greenway, PHOENIX

Saturday, October 8

Food City: Baseline & Central, PHOENIX

Bashas': Coffee Pot & Yavapai Dr, SEDONA

Monday, October 10

Bashas': Hayden & Indian School, SCOTTSDALE

Tuesday, October 11

Bashas': La Cholla & River Rd, TUCSON

AJ's: Val Vista & Baseline, MESA

Wednesday, October 12

Bashas': Waddell Rd & Reems Rd, SURPRISE

Thursday, October 13

AJ's: Pima & Legacy, SCOTTSDALE

Friday, October 14

Bashas': Higley & Elliot, GILBERT

Saturday, October 15

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Bashas': 99th Ave & Beardsley, PEORIA

Monday, October 17

Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, October 18

Food City: Arizona Ave & Ray Rd, CHANDLER

Wednesday, October 19

Bashas': 7th St & Union Hills, PHOENIX

Thursday, October 20

Bashas': Brown & Higley, MESA

Friday, October 21

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

Saturday, October 22

Bashas': Cortaro & Thornydale, TUCSON

Bashas': 142 Hwy 260, PAYSON

9am–12:30pm
at these store locations:

Monday, October 24

Food City: Hardy & Baseline, TEMPE
Bashas': 650 Finnie Flats Rd, CAMP VERDE

Tuesday, October 25

Bashas': Camp Lowell & Swan, TUCSON
Bashas': 7th St & Missouri, PHOENIX

Wednesday, October 26

AJ's: 67th Ave & Beardsley, GLENDALE

Thursday, October 27

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Friday, October 28

AJ's: Central & Camelback, PHOENIX

Saturday, October 29

Bashas': Dysart & Camelback, LITCHFIELD PARK
Food City: Country Club & 22nd, TUCSON

Monday, October 31

Bashas': McDonald & Granite Reef, SCOTTSDALE

Tuesday, November 1

Bashas': Higley & Elliot, GILBERT

Wednesday, November 2

Bashas': 48th St & Warner, PHOENIX
Food City: 1501 Arizona 89A, COTTONWOOD

Thursday, November 3

Bashas': Warner & McClintock, TEMPE
Food City: Florence & 2nd St, CASA GRANDE

Friday, November 4

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

Saturday, November 5

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

Monday, November 7

Bashas': 7th St & Missouri, PHOENIX

Wednesday, November 9

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

Thursday, November 10

Bashas': Camp Lowell & Swan, TUCSON
Bashas': Dysart & Camelback, LITCHFIELD PARK

Friday, November 11

AJ's: 67th Ave & Beardsley, GLENDALE
AJ's: Val Vista & Baseline, MESA

Saturday, November 12

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER
AJ's: Scottsdale & Lincoln Rd, SCOTTSDALE

Monday, November 14

Bashas': 7th St & Union Hills, PHOENIX
Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Tuesday, November 15

AJ's: Lone Mountain & Scottsdale, SCOTTSDALE

Wednesday, November 16

Bashas': 99th Ave & Beardsley, PEORIA

Thursday, November 17

Food City: Dysart & Van Buren, AVONDALE

Friday, November 18

Bashas': Alma School & Riggs, SUN LAKES
Bashas': Cortaro & Thornydale, TUCSON

Saturday, November 19

Bashas': Baseline & Crismon, MESA
Bashas': 32nd St & Shea Blvd, PHOENIX

9am–12:30pm
at these store locations:

Monday, November 21

Bashas: 650 Finnie Flats Rd, CAMP VERDE
Bashas: Power & Chandler Heights, QUEEN CREEK

Tuesday, November 22

Bashas: Brown & Higley, MESA

Saturday, November 26

Bashas: 7th St & Missouri, PHOENIX
AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Monday, November 28

Bashas: McDonald & Granite Reef, SCOTTSDALE

Tuesday, November 29

Bashas: Verrado Way & Main St, BUCKEYE
AJ's: Skyline & Campbell, TUCSON

Wednesday, November 30

Bashas: Power & McDowell, MESA
Bashas: 36889 N Tom Darlington Dr, CAREFREE

Thursday, December 1

Bashas: Warner & McClintock, TEMPE

Friday, December 2

Food City: Arizona Ave & Ray Rd, CHANDLER

Saturday, December 3

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

Monday, December 5

Bashas: Granite Reef Rd & McDonald Dr, SCOTTSDALE
Bashas: Ellsworth & Brown, MESA

Tuesday, December 6

Food City: Hardy & Baseline, TEMPE
Bashas: 7th St & Union Hills, PHOENIX

Wednesday, December 7

Bashas: 5310 S Superstition Mountain Dr,
GOLD CANYON
Bashas: Power & Chandler Heights, QUEEN CREEK

Thursday, December 8

Bashas: 99th Ave & Beardsley, PEORIA
Bashas: Cortaro & Thornydale, TUCSON

Friday, December 9

Bashas: 650 Finnie Flats Rd, CAMP VERDE
Bashas: Dysart & Camelback, LITCHFIELD PARK

Saturday, December 10

Bashas: Elliot & Higley, GILBERT

Monday, December 12

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

Tuesday, December 13

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

Wednesday, December 14

Bashas: Oracle & Golden Rancher TUCSON

Thursday, December 15

Bashas: Gilbert Rd & Chandler Heights Rd, CHANDLER
Food City: Dysart & Van Buren, AVONDALE

Friday, December 16

AJ's: Baseline & Val Vista, MESA

9am–12:30pm
at these store locations:

Saturday, December 17

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

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

Monday, December 19

Bashas': 7th St & Missouri, PHOENIX

Tuesday, December 20

Bashas': Alma School & Riggs, SUN LAKES

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Wednesday, December 21

AJ's: 67th Ave & Beardsley GLENDALE

Thursday, December 22

AJ's: Scottsdale & Lincoln Rd, SCOTTSDALE

Bashas': Camp Lowell & Swan, TUCSON

Monday, December 26

AJ's: Ray Rd & 56th St CHANDLER

Tuesday, December 27

Bashas': Sunrise & Kolb Rd, TUCSON

Bashas': Hayden & Indian School SCOTTSDALE

Wednesday, December 28

Bashas': Baseline & Crismon Rd, MESA

Thursday, December 29

Bashas': 48th St & Warner, PHOENIX

Friday, December 30

Food City: Hardy & Baseline, TEMPE

Monday, January 2

Bashas': 7th St & Union Hills Dr PHOENIX

Tuesday, January 3

AJ's: Pima & Legacy, SCOTTSDALE

Food City: Dysart & Van Buren, AVONDALE

Wednesday, January 4

Food City: 1501 Arizona 89A, COTTONWOOD

Thursday, January 5

AJ's: Baseline & Val Vista, MESA

Bashas': Camp Lowell & Swan, TUCSON

Friday, January 6

Bashas': 36889 N Tom Darlington Dr, CAREFREE

AJ's: Ray Rd & 56th St CHANDLER

Saturday, January 7

Bashas': Warner & McClintock, TEMPE

AJ's: 67th Ave & Beardsley GLENDALE

Monday, January 9

Bashas': Hayden & Indian School SCOTTSDALE

Bashas': 99th Ave & Beardsley, PEORIA

Tuesday, January 10

Bashas': Oracle & Golden Rancher TUCSON

Bashas': Shea & 32nd St, PHOENIX

Wednesday, January 11

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, January 12

Bashas': Power Rd & Chandler Heights QUEEN CREEK

Friday, January 13

Bashas': Coffee Pot Dr & Yavapai, SEDONA

Saturday, January 14

Bashas': Higley & Brown MESA

9am–12:30pm
at these store locations:

Monday, January 16

Bashas': Verrado Way & Main St, BUCKEYE
Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

Tuesday, January 17

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

Wednesday, January 18

Food City: Mesa Dr & Brown, MESA

Thursday, January 19

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

Friday, January 20

Bashas': Cortaro & Thornydale, TUCSON

Saturday, January 21

Bashas': Maricopa & Smith Enke Rd, MARICOPA
Food City: 32nd St & Greenway, PHOENIX

Monday, January 23

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER
Food City: Scottsdale Rd & McKellips, TEMPE

Tuesday, January 24

Food City: Roger Rd & Flowing Wells Rd, TUCSON

Wednesday, January 25

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

Thursday, January 26

Bashas': Dysart & Camelback, LITCHFIELD PARK

Friday, January 27

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, January 28

Bashas': 650 Finnie Flats Rd, CAMP VERDE
Bashas': Ellsworth & Brown MESA

Monday, January 30

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

Tuesday, January 31

Bashas': Power & McDowell MESA

Wednesday, February 1

Food City: Dysart & Van Buren, AVONDALE

Thursday, February 2

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

Friday, February 3

Bashas': Warner & McClintock, TEMPE
Bashas': Indian School & Hayden, SCOTTSDALE

Saturday, February 4

Food City: Mesa Dr & Brown, MESA
Bashas': 48th St & Warner Rd, PHOENIX

Monday, February 6

Food City: 32nd St & Greenway, PHOENIX

Wednesday, February 8

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

Thursday, February 9

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

Friday, February 10

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

9am–12:30pm
at these store locations:

Saturday, February 11

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Bashas': 99th Ave & Beardsley, PEORIA

Monday, February 13

Bashas': Dysart & Camelback, LITCHFIELD PARK

AJ's: Lone Mountain & Scottsdale, SCOTTSDALE

Tuesday, February 14

Bashas': Chandler Heights & Gilbert, CHANDLER

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

Wednesday, February 15

Bashas': Higley & Brown, MESA

AJ's: Central & Camelback Rd, PHOENIX

Thursday, February 16

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

Friday, February 17

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

Bashas': Warner & McClintock, TEMPE

Saturday, February 18

AJ's: Skyline & Campbell, TUCSON

Bashas': Superstition Mountain & Hwy 60,
GOLD CANYON

Monday, February 20

Bashas': Baseline & Crismon Rd, MESA

Tuesday, February 21

Bashas': Waddell Rd & Reems Rd, SURPRISE

Food City: 51st Ave & McDowell Rd PHOENIX

Wednesday, February 22

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

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Thursday, February 23

Bashas': Power & Chandler Heights, QUEEN CREEK

Friday, February 24

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

Saturday, February 25

Bashas': Ellsworth and Brown, MESA

Bashas': Higley & Elliot, GILBERT

Monday, February 27

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Wednesday, March 1

Food City: Stapley & Main, MESA

Thursday, March 2

Food City: Roger Rd & Flowing Wells Rd, TUCSON

Friday, March 3

AJ's: Pima & Legacy, SCOTTSDALE

Saturday, March 4

AJ's: Camelback & 44th St, PHOENIX

Food City: 1501 Arizona 89A, COTTONWOOD

Monday, March 6

Bashas': 5310 S Superstition Mountain Dr,
GOLD CANYON

Food City: Arizona Ave & Ray Rd, CHANDLER

Tuesday, March 7

Food City: Baseline & Central, PHOENIX

Bashas': Hayden & Indian School, SCOTTSDALE

Wednesday, March 8

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Bashas': Brown & Higley, MESA

9am–12:30pm
at these store locations:

Thursday, March 9

AJ's: 67th Ave & Beardsley GLENDALE

Friday, March 10

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

Bashas': Coffee Pot & Yavapai Dr, SEDONA

Saturday, March 11

Bashas': 99th Ave & Beardsley, PEORIA

Bashas': 7th St & Missouri, PHOENIX

Monday, March 13

Bashas': Warner & McClintock, TEMPE

Tuesday, March 14

Bashas': Shea Blvd & 32nd St, PHOENIX

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, March 15

Bashas': Dysart & Camelback, LITCHFIELD PARK

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, March 16

Bashas': Sunrise & Kolb Rd, TUCSON

Bashas': 48th St & Warner, PHOENIX

Friday, March 17

Bashas': Chandler Heights & Power Rd, QUEEN CREEK

Saturday, March 18

AJ's: Camelback & Central PHOENIX

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Monday, March 20

Bashas': RH Johnson & Meeker, SUN CITY WEST

Bashas': 7th St & Union Hills, PHOENIX

Tuesday, March 21

Bashas': Waddell Rd & Reems Rd, SURPRISE

Wednesday, March 22

Bashas': Verrado Way & Main St, BUCKEYE

Thursday, March 23

Bashas': 142 Hwy 260, PAYSON

Bashas': Power Rd & McDowell, MESA

Friday, March 24

Bashas': Riggs Rd & Alma School, SUN LAKES

Bashas': Higley & Elliot, GILBERT

Saturday, March 25

Bashas': Thornydale & Cortaro Farms Rd, TUCSON

Bashas': Bell Rd & Thompson Peak Pkwy, SCOTTSDALE

Monday, March 27

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Tuesday, March 28

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

Wednesday, March 29

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

Bashas': Humphreys & Columbus, FLAGSTAFF

Thursday, March 30

Bashas': Crismon Rd & Baseline Rd, MESA

Friday, March 31

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Saturday, April 1

Food City: Dysart & Van Buren, AVONDALE

Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, April 3

Bashas': Oracle & Golder Ranch Rd, TUCSON



9am–12:30pm
at these store locations:

Tuesday, April 4

Bashas': Hayden & Indian School, SCOTTSDALE

Wednesday, April 5

Bashas': Warner & McClintock, TEMPE

Bashas': 99th Ave & Beardsley, PEORIA

Thursday, April 6

Bashas': Power Rd & McDowell, MESA

Bashas': RH Johnson & Meeker, SUN CITY WEST

Friday, April 7

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Bashas': 7th St & Missouri, PHOENIX

Saturday, April 8

AJ's: 67th Ave & Beardsley, GLENDALE

Bashas': McDonald & Granite Reef, SCOTTSDALE

Monday, April 10

Bashas': 36889 N Tom Darlington Dr, CAREFREE

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

Tuesday, April 11

Food City: 32nd St & Greenway, PHOENIX

Wednesday, April 12

AJ's: Val Vista & Baseline Rd, MESA

Thursday, April 13

Bashas': Dysart & Camelback, LITCHFIELD PARK

Friday, April 14

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

AJ's: Camelback & 44th St, PHOENIX

Saturday, April 15

Food City: Mesa Dr & Brown, MESA

Bashas': Coffee Pot & Yavapai Dr, SEDONA

Monday, April 17

Bashas': Power & Chandler Heights, QUEEN CREEK

AJ's: Camelback & Central PHOENIX

Tuesday, April 18

Food City: Baseline & Hardy, TEMPE

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Wednesday, April 19

Bashas': Higley & Brown MESA

Bashas': Union Hills & 7th St, PHOENIX

Thursday, April 20

Bashas': La Cholla & River Rd, TUCSON

Bashas': Waddell Rd & Reems Rd, SURPRISE

Friday, April 21

Bashas': Warner & 48th St, PHOENIX

AJ's: Pima & Legacy, SCOTTSDALE

Saturday, April 22

Food City: 2nd St & Florence, CASA GRANDE

Monday, April 24

Bashas': Ellsworth & Brown, MESA

Tuesday, April 25

Bashas': 3269 Maricopa Ave, LAKE HAVASU CITY

Wednesday, April 26

Bashas': Higley & Elliot, GILBERT

Bashas': Shea Blvd & 32nd St, PHOENIX

Thursday, April 27

Food City: Baseline & Central, PHOENIX

Friday, April 28

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Saturday, April 29

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

Food City: Scottsdale Rd & McKellips, TEMPE

Monday, May 1

Bashas': 48th St & Warner, PHOENIX

9am–12:30pm
at these store locations:

Tuesday, May 2

Bashas': Camp Lowell & Swan, TUCSON

Wednesday, May 3

Bashas': 99th Ave & Beardsley PEORIA

Bashas': Power & Chandler Heights, QUEEN CREEK

Thursday, May 4

Bashas': Hayden & Indian School, SCOTTSDALE

Bashas': Brown & Higley, MESA

Friday, May 5

Bashas': Bell & Thompson Peak Pkwy, SCOTTSDALE

Food City: Arizona Ave & Ray Rd, CHANDLER

Saturday, May 6

Bashas': 650 Finnie Flats Rd, CAMP VERDE

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

Monday, May 8

Food City: Dysart & Van Buren, AVONDALE

Tuesday, May 9

Bashas': Crismon and Baseline, MESA

Bashas': 7th St & Union Hills Dr PHOENIX

Wednesday, May 10

Bashas': Sunrise & Kolb, TUCSON

Thursday, May 11

AJ's: 67th Ave & Beardsley, GLENDALE

Bashas': Warner & McClintock, TEMPE

Friday, May 12

Bashas': Coffee Pot & Yavapai Dr, SEDONA

AJ's: 44th St & Camelback, PHOENIX

Saturday, May 13

Bashas': Higley & Elliot, GILBERT

Bashas': 7th St & Missouri, PHOENIX

Monday, May 15

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Tuesday, May 16

Bashas': Ellsworth and Brown, MESA

AJ's: Camelback & Central, PHOENIX

Wednesday, May 17

Food City: Hardy & Baseline, TEMPE

Thursday, May 18

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Friday, May 19

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Saturday, May 20

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Bashas': Verrado Way & Main St, BUCKEYE

Monday, May 22

Bashas': Dysart & Camelback, LITCHFIELD PARK

Bashas': Shea Blvd & 32nd St, PHOENIX

Tuesday, May 23

AJ's: Skyline & Campbell, TUCSON

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

Wednesday, May 24

AJ's: Val Vista & Baseline Rd, MESA

Thursday, May 25

Bashas': Maricopa & Smith Enke Rd, MARICOPA

Friday, May 26

Bashas': Waddell Rd & Reems Rd, SURPRISE

Bashas': 36889 N Tom Darlington Dr, CAREFREE

9am–12:30pm
at these store locations:

Saturday, May 27

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

Monday, May 29

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Tuesday, May 30

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

Wednesday, May 31

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

Thursday, June 1

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

Friday, June 2

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

Saturday, June 3

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

Monday, June 5

AJ's: Central & Camelback, PHOENIX

Tuesday, June 6

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

Wednesday, June 7

Bashas': Warner & 48th St, PHOENIX

Thursday, June 8

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Friday, June 9

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

Saturday, June 10

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

Monday, June 12

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

Tuesday, June 13

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Wednesday, June 14

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

Thursday, June 15

Bashas': 142 Hwy 260, PAYSON

Friday, June 16

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

Saturday, June 17

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

Monday, June 19

Bashas': McDonald & Granite Reef, SCOTTSDALE

Tuesday, June 20

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, June 21

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

9am–12:30pm
at these store locations:

Thursday, June 22

Bashas': Higley & Elliot, GILBERT
Bashas': Oracle & Golder Ranch, TUCSON

Friday, June 23

Bashas': Missouri & 7th St, PHOENIX

Saturday, June 24

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA
AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Monday, June 26

Bashas': 3269 Maricopa Ave, LAKE HAVASU CITY
Bashas': Baseline & Crismon, MESA

Tuesday, June 27

Food City: Scottsdale Rd & McKellips, TEMPE

Wednesday, June 28

Bashas': Shea Blvd & 32nd St, PHOENIX

Thursday, June 29

AJ's: 44th St & Camelback, PHOENIX
Bashas': Power & Chandler Heights, QUEEN CREEK

Friday, June 30

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

Saturday, July 1

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

Monday, July 3

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

Wednesday, July 5

Bashas': 7th St & Union Hills, PHOENIX

Thursday, July 6

AJ's: 67th Ave & Beardsley GLENDALE

Friday, July 7

Bashas': Waddell Rd & Reems Rd, SURPRISE
Bashas': Bell Rd & Thompson Peak Pkwy, SCOTTSDALE

Saturday, July 8

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

Monday, July 10

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

Tuesday, July 11

Bashas': Alma School & Riggs, SUN LAKES

Thursday, July 13

Food City: Baseline & Central, PHOENIX
Bashas': Warner & McClintock, TEMPE

Friday, July 14

Bashas': Coffee Pot & Yavapai Dr, SEDONA
AJ's: Pima & Legacy, SCOTTSDALE

Saturday, July 15

Bashas': 99th Ave & Beardsley, PEORIA
Bashas': 5310 S Superstition Mountain Dr,
GOLD CANYON

Monday, July 17

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

Tuesday, July 18

Bashas': Ellsworth & Brown, MESA



9am–12:30pm
at these store locations:

Wednesday, July 19

Food City: 32nd St & Greenway, PHOENIX

Food City: Campbell & Irvington Rd, TUCSON

Thursday, July 20

Bashas': Verrado Way & Main St, BUCKEYE

Friday, July 21

Bashas': Humphreys & Columbus, FLAGSTAFF

Bashas': 32nd St & Shea Blvd, PHOENIX

Saturday, July 22

AJ's: Val Vista and Baseline, MESA

AJ's: 44th St & Camelback, PHOENIX

Monday, July 24

Bashas': Higley & Elliot, GILBERT

Tuesday, July 25

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

Wednesday, July 26

Bashas': Brown & Higley, MESA

Thursday, July 27

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

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

Friday, July 28

Bashas': Camp Lowell & Swan, TUCSON

Saturday, July 29

Bashas': Maricopa & Smith Enke, MARICOPA

Bashas': Baseline & Crismon, MESA

Monday, July 31

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Healthwaves

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