



## Lab Screenings

### SMAC-31 Super Panel \$40

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) \$25

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

### Hemoglobin A1C \$30

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

\*New Allergy Blood Test Panels \*  
performed by Sonora Quest Laboratories

### Arizona Desert & Mountain Panel \$205.00

New expanded inhalant panel which includes 48 specific IgE components (e.g. grasses, trees, weeds, dust, and animal) common to desert and higher elevation AZ areas.

### Food Comprehensive Panel \$125.00

New panel which includes 20 of the most common food allergens including: peanut, milk, egg white, strawberry, wheat, oats, seafood, etc.

Combo (all panels above) \$310.00



## More Tests

### Complete Lipid Panel \$30

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.

### 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).

## Screening Hours:

9AM–12:30PM

2025-2026 Schedule



**Healthwaves**

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

www.healthwaves.com

480.968.1886



## 2025 - 2026 SCHEDULE

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

Tuesday, July 1

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

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

Wednesday, July 2

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

Thursday, July 3

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

Monday, July 7

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

**Bashas':** Power & McDowell MESA

Tuesday, July 8

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

Wednesday, July 9

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

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

Thursday, July 10

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

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

Friday, July 11

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

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

Saturday, July 12

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

Monday, July 14

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

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

Tuesday, July 15

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

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

Wednesday, July 16

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

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

Thursday, July 17

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

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

Friday, July 18

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

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

Saturday, July 19

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

Monday, July 21

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

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

Tuesday, July 22

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

**Food City:** Florence St & Pueblo, CASA GRANDE

Wednesday, July 23

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

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

Thursday, July 24

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

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

Friday, July 25

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

Monday, July 28

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

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



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

## NEW Stores

Wednesday, July 30

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

Thursday, July 31

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

Saturday, August 2

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

Tuesday, August 5

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

Wednesday, August 6

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

Thursday, August 7

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

Friday, August 8

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

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

Monday, August 11

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

Tuesday, August 12

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

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

Wednesday, August 13

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

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

Thursday, August 14

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

Friday, August 15

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

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

Monday, August 18

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

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

Wednesday, August 20

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

Thursday, August 21

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

Friday, August 22

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

Saturday, August 23

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

Monday, August 25

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

Tuesday, August 26

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

Wednesday, August 27

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

Thursday, August 28

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

Friday, August 29

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

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



## 2025 - 2026 SCHEDULE

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

Tuesday, September 2

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

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

Wednesday, September 3

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

Thursday, September 4

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

Friday, September 5

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

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

Saturday, September 6

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

Monday, September 8

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

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

Tuesday, September 9

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

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

Thursday, September 11

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

Friday, September 12

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

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

Saturday, September 13

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

Monday, September 15

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

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

Tuesday, September 16

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

Wednesday, September 17

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

Thursday, September 18

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

Friday, September 19

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

Saturday, September 20

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

Monday, September 22

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

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

Tuesday, September 23

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

Thursday, September 25

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

Friday, September 26

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

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

Saturday, September 27

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



## 2025 - 2026 SCHEDULE

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

Monday, September 29

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

Wednesday, October 1

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

Thursday, October 2

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

Friday, October 3

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

Saturday, October 4

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

Monday, October 6

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

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

Tuesday, October 7

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

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

Wednesday, October 8

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

Thursday, October 9

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

Friday, October 10

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

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

Saturday, October 11

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

Monday, October 13

**Bashas':** Power & McDowell MESA

Tuesday, October 14

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

Wednesday, October 15

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

Friday, October 17

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

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

Saturday, October 18

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

Monday, October 20

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

Wednesday, October 22

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

Thursday, October 23

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

Friday, October 24

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

Tuesday, October 28

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

Wednesday, October 29

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





## 2025 - 2026 SCHEDULE

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

Thursday, October 30

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

Friday, October 31

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

Monday, November 3

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

Tuesday, November 4

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

Wednesday, November 5

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

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

Thursday, November 6

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

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

Friday, November 7

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

Saturday, November 8

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

Monday, November 10

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

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

Tuesday, November 11

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

Wednesday, November 12

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

Thursday, November 13

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

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

Friday, November 14

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

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

Saturday, November 15

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

Monday, November 17

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

Tuesday, November 18

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

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

Wednesday, November 19

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

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

Thursday, November 20

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

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

Friday, November 21

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

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

Monday, November 24

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

Tuesday, November 25

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



## 2025 - 2026 SCHEDULE

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

Monday, December 1

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

Tuesday, December 2

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

Wednesday, December 3

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

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

Thursday, December 4

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

Friday, December 5

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

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

Monday, December 8

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

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

Tuesday, December 9

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

Wednesday, December 10

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

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

Thursday, December 11

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

Friday, December 12

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

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

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

Saturday, December 13

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

Monday, December 15

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

Tuesday, December 16

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

**Bashas'**: Higley & Brown MESA

Wednesday, December 17

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

Thursday, December 18

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

Friday, December 19

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

Saturday, December 20

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

Monday, December 22

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

Monday, December 29

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



## 2025 - 2026 SCHEDULE

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

### 2026

Saturday, January 3

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

Monday, January 5

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

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

Tuesday, January 6

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

Wednesday, January 7

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

Thursday, January 8

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

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

Friday, January 9

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

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

Saturday, January 10

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

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

Monday, January 12

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

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

Tuesday, January 13

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

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

Wednesday, January 14

**Food City:** Mesa Dr & Brown, MESA

Thursday, January 15

**Food City:** Florence St & Pueblo, CASA GRANDE

Friday, January 16

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

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

Saturday, January 17

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

Monday, January 19

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

Tuesday, January 20

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

Wednesday, January 21

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

Thursday, January 22

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

Friday, January 23

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

Saturday, January 24

**Bashas':** Ellsworth & Brown MESA

Monday, January 26

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

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

Tuesday, January 27

**Bashas':** Power & McDowell MESA

Wednesday, January 28

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





## 2025 - 2026 SCHEDULE

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

Thursday, January 29

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

Friday, January 30

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

Saturday, January 31

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

Monday, February 2

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

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

Tuesday, February 3

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

Wednesday, February 4

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

Thursday, February 5

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

Friday, February 6

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

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

Saturday, February 7

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

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

Monday, February 9

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

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

Tuesday, February 10

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

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

Thursday, February 12

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

Friday, February 13

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

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

Saturday, February 14

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

Monday, February 16

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

Tuesday, February 17

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

Wednesday, February 18

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

Thursday, February 19

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

Friday, February 20

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

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

Saturday, February 21

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

Monday, February 23

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

Tuesday, February 24

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

Wednesday, February 25

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



## 2025 - 2026 SCHEDULE

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

Friday, February 27

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

Saturday, February 28

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

Monday, March 2

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

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

Tuesday, March 3

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

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

Wednesday, March 4

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

Thursday, March 5

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

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

Friday, March 6

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

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

Saturday, March 7

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

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

Monday, March 9

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

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

Tuesday, March 10

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

Wednesday, March 11

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

Thursday, March 12

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

Friday, March 13

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

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

Saturday, March 14

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

Monday, March 16

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

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

Tuesday, March 17

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

Wednesday, March 18

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

Thursday, March 19

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

Friday, March 20

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

Saturday, March 21

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

Monday, March 23

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



## 2025 - 2026 SCHEDULE

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

Tuesday, March 24

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

Friday, March 27

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

Saturday, March 28

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

Monday, March 30

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

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

Tuesday, March 31

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

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

Wednesday, April 1

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

Thursday, April 2

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

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

Friday, April 3

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

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

Monday, April 6

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

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

Tuesday, April 7

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

**Bashas'**: Higley & Brown MESA

Wednesday, April 8

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

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

Thursday, April 9

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

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

Friday, April 10

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

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

Saturday, April 11

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

Monday, April 13

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

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

Tuesday, April 14

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

Wednesday, April 15

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

Thursday, April 16

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

Friday, April 17

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

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

Monday, April 20

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

Tuesday, April 21

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



## 2025 - 2026 SCHEDULE

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

Wednesday, April 22

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

Thursday, April 23

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

Friday, April 24

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

Saturday, April 25

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

Monday, April 27

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

Tuesday, April 28

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

Wednesday, April 29

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

Thursday, April 30

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

Friday, May 1

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

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

Saturday, May 2

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

Monday, May 4

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

Tuesday, May 5

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

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

Wednesday, May 6

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

Thursday, May 7

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

Friday, May 8

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

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

Saturday, May 9

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

Tuesday, May 12

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

Wednesday, May 13

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

Thursday, May 14

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

Friday, May 15

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

Saturday, May 16

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

Monday, May 18

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

Tuesday, May 19

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

Wednesday, May 20

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



## 2025 - 2026 SCHEDULE

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

Thursday, May 21

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

Friday, May 22

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

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

Tuesday, May 26

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

Wednesday, May 27

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

Thursday, May 28

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

Friday, May 29

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

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

Saturday, May 30

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

Monday, June 1

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

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

Tuesday, June 2

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

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

Wednesday, June 3

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

Thursday, June 4

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

Friday, June 5

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

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

Saturday, June 6

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

Monday, June 8

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

Tuesday, June 9

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

**Bashas':** Power & McDowell MESA

Wednesday, June 10

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

Thursday, June 11

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

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

Friday, June 12

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

Saturday, June 13

**Food City:** Mesa Dr & Brown, MESA

Monday, June 15

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

Tuesday, June 16

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

Wednesday, June 17

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





## 2025 - 2026 SCHEDULE

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

Thursday, June 18

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

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

Friday, June 19

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

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

Monday, June 22

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

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

Tuesday, June 23

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

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

Wednesday, June 24

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

Thursday, June 25

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

Friday, June 26

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

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

Saturday, June 27

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

Monday, June 29

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

Tuesday, June 30

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

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

Wednesday, July 1

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

Thursday, July 2

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

Monday, July 6

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

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

Tuesday, July 7

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

Wednesday, July 8

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

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

Thursday, July 9

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

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

Friday, July 10

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

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

Saturday, July 11

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

Monday, July 13

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

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

Tuesday, July 14

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

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



## 2025 - 2026 SCHEDULE

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

Wednesday, July 15

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

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

Thursday, July 16

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

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

Friday, July 17

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

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

Saturday, July 18

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

Monday, July 20

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

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

Tuesday, July 21

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

**Food City:** Florence St & Pueblo, CASA GRANDE

Wednesday, July 22

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

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

Thursday, July 23

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

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

Friday, July 24

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

Monday, July 27

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

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



PLEASE SCAN  
TO SEE COMPLETE  
LAB SCREENING  
SCHEDULE



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