



**AMARANTH**  
WHOLE FOODS MARKET  
— simply better —

PRICES IN EFFECT FEB 10TH TO 16TH, 2012  
SOME CONDITIONS MAY APPLY. SEE IN STORE FOR FULL DETAILS.

**HOT DEALS**



**B.C. Grown  
Red Delicious  
Apples**  
**99¢/lb**  
**SAVE \$1**



**Vega Whole  
Food Optimizer**  
870g all flavours  
**\$56.99**  
**SAVE \$15**  
Save an extra \$5 with  
in-store coupon!

**Rainbow Carrots**  
Poplar Bluff  
3lb bag  
**\$6.99**  
**SAVE \$1**



**Renew Life  
Ultimate Flora**  
30 capsules  
50 billion  
active cultures  
per capsule  
**\$24.99**  
**SAVE \$5**



**Green Beans**  
**\$3.99/lb**  
**SAVE \$1**



**Oxylift**  
Oxygenated Facelift System  
**\$149.99**  
**SAVE \$20**



Demo  
Feb 10,  
11 and 12

**Avocados**  
**\$1.49 ea**  
**SAVE 30¢**



**Enerex Greens**  
Gluten Free 250g  
**\$33.99**  
Original 250g  
**\$31.99**  
Original 400g  
**\$58.99**  
**SAVE \$10**



Demo  
Feb 17,  
18 and 19

Community Wellness

**Learn to Massage  
your Baby or Child**  
Presented by  
**Dawn Beaulieu, RMT**

**Tues, Feb 21 7-8:30pm**  
Amaranth Health and Wellness  
#378, 5222-130 Avenue SE  
**Fee: \$20\***

\*Fee includes \$10 gift card and  
\$10 donation to *Made by Momma*.

Learn how important caring touch can be for your infant/toddler and discover a new way to bond with your child. You will learn new techniques on how to do a proper massage that can help ease common discomforts and help baby sleep longer. Alleviating some tightness due to position in the womb, positive body image, easing sinus congestion and digestion issues are just a few of the many benefits. Parents and child will enjoy this hands on instruction that they can practice every day to promote relaxation for the whole family. Both parents are more than welcome!

To register call 403-253-2711. Payment is due at time of registration. Spaces are limited to maintain the quality of instruction. Questions? Contact Amy at events.arb@amaranthfoods.ca.



Visit us at:  
[www.amaranthfoods.ca](http://www.amaranthfoods.ca)

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**Amaranth Health and Wellness Centre**  
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