

HARMONY FARMS

Natural Foods & Supplements

Happy November! We have some great sales and events lined up for this month.



IT'S TURKEY TIME! Organic Turkey Pre-Order info below!

We are excited to announce the rollout of our **Harmony Farms Breakroom Seminar Series!** We have some talented professionals lined up that want to share their expertise and knowledge with you this month. Read on to see more info about our Breakroom Presenters. You can also go on our website to view our **Monthly Events Calendar.** See below the info on our Harmony Private Club Membership so you can attend these awesome exclusive events!

the BREAK ROOM

Join the Harmony Club!

The Harmony Club private membership gives you access to all of the Breakroom Presentations. The cost of the card is \$5. You must present your Harmony Club Card to attend all Presentations.

Breakroom Presentation times can be found on our **Monthly Events Calendar.** Please note this card allows you to attend the event but you must pay the presenter directly.

The
HARMONY CLUB

Private Membership

Turkey Time!

Thanksgiving is right around the corner. We are still accepting Organic Turkey and Ham pre-orders. Call to secure one before they sell out! 919-782-0064 We will have Mary's Organic Turkeys and Pasture-raised and grass-fed Turkey raised here in North Carolina by Dawnbreaker Farms AKA **Carolina Pastures. Mary's Organic** Free Range Turkeys have no preservatives, fed a non-GMO vegetarian diet, gluten-free, and raised without added hormones or antibiotics.



We also have meatless options for our Vegan and Vegetarian friends! Quorn Meatless Roasts are



Vegetarian, Gardein Turk-y Cutlets are Vegan, and we will also have Field Roast Veggie Roasts. For our Gluten-free friends, we have biscuits and treats from a local vendor, **Kalo**, Gluten-free stuffing from EnerG, and Gluten-free Savory Stuffing from the brand Aleia's.

Call or email to reserve yours today!
919-782-0064 or HarmonyF@bellsouth.net

Juice Bar Spotlight



The Juice bar is still featuring the **Pumpkin Pie Smoothie** until December, so be sure to try one while you can! It is all organic and made with pumpkin puree, almond milk, chai, golden milk, vanilla, and cinnamon. It tastes just like a slice of Pumpkin Pie, but less sweet. If you do have a sweet tooth you can ask your juicer to add organic agave, dates, local honey, or a banana.

If you're in the mood for something hot, grab a latte or matcha. You can add a dash of pumpkin pie spice for a little taste of autumn.

Call the Juice Bar to order in advance.
(919) 782-0064

NOVEMBER SALES

Check out our sales for the month!



25% OFF HempFusion

20% OFF Charlotte's Web
CBD Gummies, 50 & 60 mg oils

20% OFF Probulin Probiotics

20% OFF MediNatura

15% OFF BlueBonnet

20% OFF Life Extension

20% off Vibrant Health

20% off Barlean's

20% OFF Mad Hippie

select items

November Grocery Sales



- **15% OFF Back to Nature**
crackers & cookies
- **15% OFF Once Again**
Nut & Seed butters
- **15% OFF Yogi Tea**



Please be patient with us as our stocks fluctuate during this time.
Please call ahead to find out what we have available.

INFRA grocery sales

November Events

11/4 Meet & Greet with Dr. Blake Vickers D.C. 2 - 4 pm

Come meet Dr. Blake Vickers on Thursday, November 4th, 12 - 1:30 pm or Tuesday, November 9th, 10 am - 12 pm ahead of his Inflammation Talk on Saturday, Nov. 13th, 2 - 4 pm.



Meet & Greet
with Blake Vickers

the
BREAK ROOM

11/5 E3 Live Demo 10:30 am

Try some of E3 Live's amazing Superfoods!
This event is FREE!



11/6 Jabin Beverage Demo 11 am - 3 pm

Join us on Saturday, November 6th, 11 am - 3 pm and try some of Jabin Beverage Co's Apple Cider Vinegar Drink. Jabin is a great-tasting Persian sports beverage with only 7 natural ingredients that hydrate the body and accelerate recovery after exercise. This event is FREE!

More about Jabin

"Jabin is my mom's twist on an ancient, Persian recipe crafted the same way you would find it in our home: with fresh ingredients that go through a meticulous infusion process.

The result? An incredibly refreshing beverage packed with benefits and nothing artificial." --Homayoon Ershadi, Founder

Initially bottled to hydrate my body and fuel my adventurous lifestyle, here's to Jabin replenishing the adventurer in you too.

<https://jabinbev.co/>

Jabin Demo
Saturday, Nov 6th 11am-3pm



11/6 Turmeric Zone Herbal Drops Demo 11 am - 2 pm

Join us on Saturday, November 6th, 11 am - 2 pm, and try Turmeric Zone's Turmeric & Ceylon Cinnamon Herbal Drops. They are made with 100% natural ingredients. Carefully prepared based on an ancient Ayurvedic recipe, these drops mix easily with any warm or hot drinks with unlimited uses. This event is FREE!

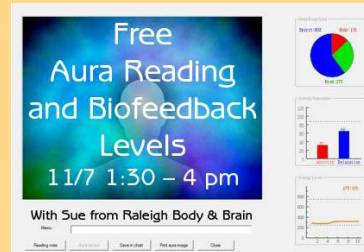
Each drop is wrapped individually and carefully packaged in a beautiful square Tin Jar which weighs only 5 Oz with a transparent lid that can travel with you anywhere.

turmericzone.com/



11/7 Free Aura Reading and Biofeedback levels 1:30 - 4 pm

Stop by Harmony Farms on Sunday, November 7, 1:30 - 4 pm for a Free Aura Reading and Biofeedback levels by Sue from Raleigh Body & Brain.



11/9 Meet & Greet with Dr. Blake Vickers 10 am - 12 pm

Come meet Dr. Blake Vickers on Thursday, November 4th, 12 - 1:30 pm or Tuesday, November 9th, 10 am - 12 pm ahead of his Inflammation Talk on Saturday, Nov. 13th, 2 - 4 pm.



11/13 Breakroom Inflammation Talk with Dr. Blake Vickers D.C. 2 - 4 pm

Inflammatory symptoms can make life-debilitating. What if you could take control of, reduce, and eliminate those symptoms? This specialized approach has helped patients across the country. Inflammation is at the root of nearly every disease on the planet, but treatments are standardized. Every person on the planet is different, so their plan of care should be personalized! Come join Dr. Blake Saturday, Nov. 13th, 2 - 4 pm to discover how he does health differently and what you can do to reduce inflammation!



The cost is \$10/person.

* Remember you must present your Harmony Club Card to attend all Presentations. * The Harmony Private Club card is \$5.

About Dr. Blake D.C. –

Dr. Blake Vickers grew up in Chapel Hill, NC, and later Raleigh, NC. He is passionate about health and the field of chiropractic. Dr. Blake Vickers sustained many concussions while playing soccer and attributes his recovery to chiropractic and functional neurology. After high school, Dr. Blake attended The University of North Carolina at Wilmington where he studied Exercise Science. After, he attended Life University in Atlanta, GA for his Doctor of Chiropractic degree. He did his preceptorship at The Wellness Way Green Bay where he learned under Dr. Patrick Flynn, Dr. Mitch Sutton, Dr. Jason Nobles, and Nicole Saleske FNP. With The Wellness Way approach, Dr. Blake believes in removing triggers from the body whether they are traumas, toxins, or thoughts. This will allow the human body to begin to heal on its own. Dr. Blake believes that the Wellness Way approach is revolutionary and brings a perspective that no other doctors in the world use to treat the human body. Dr. Blake is board-eligible for the Diplomate in Functional Neurology and has incorporated unique ways to treat concussions and traumatic brain injuries when he interned at Hope Brain and Body Recovery Center in Pennsylvania. He is beyond excited to be able to help patients in the Raleigh community learn how their bodies are truly supposed to work and guide them to take control of their own health.

11/13 Meet and Greet with Margot Shute 2 - 3:30 pm

Come connect with Margot Shute. She is a Certified Holistic Health Practitioner- Trinity School of Natural Health, and a Functional Diagnostic Nutrition© Practitioner- Functional Diagnostic Nutrition©.

She will be presenting "Are Toxins Lurking In Your Home?" on Saturday, November 20th, 2 - 4 pm. The cost is \$10/person.

* Remember you must present your Harmony Club Card to attend all Presentations. * The Harmony Private Club card is \$5.

Margot Shute
CHHP and FDN-P
Functional Health Coaching
@shuteforwellness
(919) 740-4735



11/20 Fairy Hair with Eliza 11 am - 1 pm

Join us on Saturday, November 20th, 11 am - 1 pm and get your hair to sparkle by the lovely Eliza.

Text (919) 633-1855 to book a time slot.
Walk-ins accepted!
\$20/person



11/20 Are Toxins Lurking In Your Home? with Margot Shute 2 - 4 pm

Learn how toxins in the home environment impact health and wellbeing, plus simple steps you can take today to reduce or eliminate these toxins to improve your health and vitality on every level!

The cost is \$10/person.

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Margot Shute is a Certified Holistic Health Practitioner- Trinity School of Natural Health, and a Functional Diagnostic Nutrition© Practitioner- Functional Diagnostic Nutrition©.

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Using a natural and holistic approach I help those in midlife improve their gut health while balancing their hormones so they can feel great, gain more energy and thrive in midlife. I also provide clients access to functional lab testing so that they can find the missing pieces to their health and midlife weight puzzle.

12/4 Healing with Qi Gong with Paulette Angela Bennett 1 - 2:30 pm

Join Paulette Angela Bennett at Harmony Farms on Saturday, December 4th, 1 pm - 2:30 pm for a Qi Gong class. Learn how Qi Gong can strengthen immune function and immunity. The class will take about 1 - 1.5 hours. Paulette Angela Bennett is a Clinical Herbalist, Qigong Instructor, and Qigong Healing Practitioner.

The cost is TBD

* Remember you must present your Harmony Club Card to attend all Presentations. *
The Harmony Private Club card is \$5.

Paulette Angela Bennett
Clinical Herbalist, Qigong Instructor, and Qigong Healing Practitioner
paulette.herbalist@gmail.com
919-616-2775

Holiday Hours

Thanksgiving - We will be closed. Have a great holiday!

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