

# HARMONY FARMS

August 2018 Harmony Happenings

August is one of those exciting months—full of change and new beginnings. Summer still holds days of fun while kids start to get ready for their first day of school. At Harmony Farms, we're gearing up as a Gold Sponsor for the **Gluten & Allergen-Free Wellness Event on Sat. Aug. 11**. And with the return to school (and germs), we've got you covered on immune boosters. And with that hay fever coming up, we suggest you drink your troubles away...with a smoothie, of course. *Read on.*



Do you love eating? How about learning about new ways to treat your health issues through delicious food?

## Join us for the **Gluten & Allergen-Free Wellness Event**

**Saturday, August 11  
10:00AM–4:00PM**

**NC State Fairgrounds  
Kerr Scott Bldg.  
1025 Blue Ridge Rd**

Raleigh, NC 27607

**\$10/Adults, Kids under 13 are free  
\$8 for Military/Student/Seniors**



Did you know you could fight hay fever with a smoothie or juice?

Our featured recipe of the month:

### Allergy Relief

Made with all organic, fresh apple, celery, cranberry, nettle tea, orange, and parsley, it's so refreshing you'll forget that you came in for allergies and not to just treat yo'self.

## Special August Prices:



Select Acure  
Shampoos & Conditioners \$7.49



Nordic Naturals Nordic Multi-Vitamin  
Gummies \$19.99



Looking for other Independent Natural Retailer Association deals?

**INFRA sales start Aug 2nd.**



Follow us on Instagram!  
[@harmonyfarmsNC](https://www.instagram.com/harmonyfarmsNC)

You may already follow us on [Facebook](#), but follow us [@harmonyfarmsNC](#) to catch upcoming special promotions and give-aways!

## AUGUST EVENTS

**Sunday, Aug. 5, 2:30–5:30PM:**

FREE Aura Reading and Biofeedback levels with Sue of [Body & Brain Yoga and Health Center](#).

**Saturday, Aug. 11th, 10:00AM–2:00PM:**

Meet the vendor and take home some samples from [Dr. Bronner's Magic Soaps](#).

**Friday, Aug 17th. 3:00–6:00PM:**

Meet the vendor, grab samples, and learn about some of the amazing oils from [Nordic Naturals](#).

**Saturday, Aug 25th. 11:00AM–1:00PM:**

*Do you want Fairy Hair? ~Hair Shimmers with Eliza~*  
Please call Eliza to book your spot: 919-633-1855. \$20/person

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