



"All you need is love. But a little chocolate now and then doesn't hurt"  
-Charles M. Schulz

Is it February already? The month where hearts start a-fluttering? And while it's chilly outside, we've got everything you need to prepare a delectable meal, set the mood with candle light, and tickle the senses with aromatherapy and fine organic wines.

And don't think that's just for couples! Valentine's Day is the perfect day for some dark chocolate paired with these [ideas to treat yo'self](#).

And did you know that February is not just for those hearts drawn on cards, but it's also [American Heart Health Awareness Month](#)?

[Wear Red today, Feb 1, to raise awareness for women's cardiovascular health.](#)



### Have you ever tried a Croatian wine?

As a country in the Mediterranean, Croatia has growing conditions as perfect as Italy's and a wine selection nearly as vast!

We have a special selection of Croatian wines that other stores may not carry, and we can thank Nancy's Croatian heritage for that!

Looking to impress your date?

[Check out this starter guide about all things Croatian wine!](#)

## FEBRUARY 20% OFF SALES



Looking for other Independent Natural Retailer Association deals for February?

[INFRA grocery sales start Feb 7](#)

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## FEBRUARY EVENTS

### Friday Feb 1, 10:00AM–1:00PM

New Local Vendor Demo! Dr. Angela Baylis will be chatting about and sampling [Levridge Beverage](#), purified water infusions with herbal extractions from dahlias, lilies, and peony. Take home a free bottle to try while they last!

### Sunday Feb 3, 3:00–6:00PM:

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

### Saturday Feb 9, 11:00AM–2:00PM

Curious about your outlook on love? [Sign up with Beth for your Astrological Reading!](#) \$35/30-min reading. \$5 off with advanced booking. Call 919-602-6507 to reserve your slot!

### Saturday Feb 9, 11:00AM–2:00PM

New Local Vendor Demo! Introducing [Set Bar](#), organic nutritional bars co-created/co-owned by a young entrepreneur named Cru Mahoney! Cru will be here sharing his product and his company's mission!

### Saturday Feb 16, 11:00AM–1:00PM:

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



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