

Bashas'

**Health
Styles**®



2017

9am–12:30pm
at these store locations:

Thursday, September 28

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

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

AJ's: Pima & Legacy, SCOTTSDALE

Friday, September 29

Bashas': 75th Ave & Thunderbird, PEORIA

Bashas': Hayden & Indian School Rd, SCOTTSDALE

Saturday, September 30

Bashas: Camp Lowell & Swan, TUCSON (FLU & LAB)

Bashas': RH Johnson & Meeker Blvd, SUN CITY (FLU & LAB)

Monday, October 2

Bashas': Superstition Mountain & Hwy 60, APACHE JCT

Bashas': Dysart & Camelback, LITCHFIELD PARK

Bashas': 7th St & Missouri, PHOENIX

Tuesday, October 3

Bashas': Higley Rd & Elliot Rd, GILBERT

1pm-3pm

Food City: 1831 Kiowa Ave, Lake Havasu City

Wednesday, October 4

AJ's: Central & Camelback, PHOENIX

Thursday, October 5

AJ's: 44th St & Camelback, PHOENIX

Friday, October 6

AJ's: 67th Ave & Beardsley, GLENDALE (FLU & LAB)

Bashas: Power & McDowell, MESA (FLU & LAB)

AJ's: Skyline & Campbell, TUCSON

Bashas': Dobson & Chandler Blvd, CHANDLER

Saturday, October 7

Food City: Country Club & 22nd St, TUCSON

Bashas': Power Rd & Chandler Heights, QUEEN CREEK

Monday, October 9

Bashas': 99th Ave & Beardsley, PEORIA

Bashas': Cortaro & Thornydale, TUCSON

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Tuesday, October 10

Bashas': Brown & Higley, MESA

FLU (Quadrivalent) \$40

Seasonal flu vaccine which protects against four flu strains (2A and 2B).

PNEUMONIA \$110

Helps protect long term, depending on risk, against 23 types of bacterial pneumonia, deadly blood infections, and meningitis.

Both vaccines are covered by:

- Medicare B
- Humana Gold Choice
- BLUE CROSS BLUE SHIELD OF ARIZONA
Excluding Medicare supplement customers.
An Independent Licensee of the Blue Cross Blue Shield Association.

FREE Flu Shots (Quadrivalent) for State of AZ Employees!

Available for benefit eligible state employees. The Flu shots are also free for spouses, dependents (age 4+) and retirees with Benefit Options coverage. You must show proof of employment or a Benefit Options insurance card and must know your: Employee Identification Number (EIN).

No appointment necessary.
Make sure shirt/dress sleeves can be rolled up to the shoulder.

You should not receive either vaccine if you:

- Have ever had a serious allergic reaction to eggs or to either vaccine
- Have a fever, acute respiratory or other active infection or illness
- Have a history of Guillain-Barre Syndrome (a severe, paralytic illness)

NOTE: Immunizations for persons age 4 and over. Pricing, vaccine availability, and health insurance coverage subject to change.

Healthwaves™

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

www.healthwaves.com | 480.968.1886

9am–12:30pm at these store locations:

Wednesday, October 11

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

Bashas': Warner Rd & McClintock, TEMPE

Thursday, October 12

Bashas': 32nd St & Shea, PHOENIX

Bashas': La Cholla & River Rd, TUCSON

Friday, October 13

AJ's: Val Vista & Baseline, MESA

Bashas': 75th Ave & Thunderbird, PEORIA

Saturday, October 14

Bashas': Coffee Pot & Yavapai, SEDONA (FLU & LAB)

Monday, October 16

Food City: McDowell & 51st Ave, PHOENIX

Bashas': Bell Rd & Thompson Peak Pkwy, SCOTTSDALE

Tuesday, October 17

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Wednesday, October 18

Bashas': Baseline & Crismon, MESA

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

Thursday, October 19

Bashas': Higley & Elliot Rd, GILBERT

Friday, October 20

AJ's: Central & Camelback, PHOENIX

Food City: 16th St & Ave B, YUMA

Saturday, October 21

Bashas': Oracle & Golder Ranch, TUCSON (FLU & LAB)

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA (FLU & LAB)

Monday, October 23

Bashas': 32nd St & Shea, PHOENIX (FLU & LAB)

Bashas': RH Johnson & Meeker, SUN CITY (FLU & LAB)

Tuesday, October 24

Bashas': Ellsworth & Brown, MESA

Wednesday, October 25

Bashas': Dobson & Chandler Blvd, CHANDLER

Bashas': 99th Ave & Beardsley, PEORIA

Thursday, October 26

Bashas': 7th St & Missouri, PHOENIX

Bashas': Alma School & Riggs Rd, SUN LAKES

Friday, October 27

Bashas': Verrado & Main, BUCKEYE

Saturday, October 28

Bashas': Cortaro & Thornydale, TUCSON (FLU & LAB)

Bashas': Hwy 260 & Beeline Hwy, PAYSON (FLU & LAB)

Bashas': Woodland Village, FLAGSTAFF (FLU & LAB)

Monday, October 30

Bashas': Hayden & Indian School, SCOTTSDALE

Food City: Baseline & Hardy, TEMPE

Tuesday, October 31

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

AJ's: Pima & Legacy, SCOTTSDALE

Wednesday, November 1

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

Bashas': La Cholla & River Rd, TUCSON

Thursday, November 2

Bashas': Power & McDowell, MESA

Friday, November 3

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Bashas': 99th Ave & Beardsley, PEORIA

Food City: I-19 & Irvington, TUCSON

Saturday, November 4

Bashas': Maricopa & Smith Enke, MARICOPA (FLU & LAB)

Food City: Country Club & 22nd St, TUCSON (FLU & LAB)

Monday, November 6

Food City: McDowell & 51st Ave, PHOENIX

AJ's: Scottsdale Rd & Lincoln, SCOTTSDALE

Tuesday, November 7

Bashas': Brown & Mesa Dr, MESA

Bashas': Warner & McClintock, TEMPE

Wednesday, November 8

Bashas': 32nd St & Shea, PHOENIX

Thursday, November 9

Food City: Arizona Ave & Ray Rd, CHANDLER

Bashas': RH Johnson & Meeker Blvd, SUN CITY

Friday, November 10

Bashas': 7th St & Missouri, PHOENIX

AJ's: Skyline & Campbell, TUCSON

Saturday, November 11

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

(FLU & LAB)

Bashas': Coffee Pot & Yavapai, SEDONA (FLU & LAB)

9am–12:30pm at these store locations:

Monday, November 13

AJ's: Central & Camelback PHOENIX

Bashas': Cortaro & Thornydale, TUCSON

Tuesday, November 14

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, November 15

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

Thursday, November 16

AJ's: 44th St & Camelback, PHOENIX

Bashas': Camp Lowell & Swan, TUCSON

Friday, November 17

AJ's: Val Vista & Baseline, MESA (FLU & LAB)

Food City: Scottsdale Rd & McKellips, TEMPE

Saturday, November 18

Bashas': Warner & 48th St, PHOENIX (FLU & LAB)

Bashas': Lake Havasu City (FLU & LAB)

Monday, November 20

Bashas': 7th St & E Union Hills, PHOENIX (FLU & LAB)

Tuesday, November 21

Food City: 59th Ave & Bethany Home, GLENDALE

(FLU & LAB)

Wednesday, November 22

Bashas': 99th Ave & Beardsley, PEORIA (FLU & LAB)

Friday, November 24

Bashas': Alma School & Riggs Rd, SUN LAKES (FLU &

LAB)

Saturday, November 25

Bashas': Baseline & Crismon, MESA (FLU & LAB)

Bashas': 32nd St & Shea, PHOENIX (FLU & LAB)

Monday, November 27

Bashas': Power Rd & Chandler Heights, QUEEN CREEK

(FLU & LAB)

Tuesday, November 28

Bashas': Brown & Higley, MESA (FLU & LAB)

Wednesday, November 29

Food City: 4th St & Main St, AVONDALE (FLU & LAB)

Thursday, November 30

Food City: 21st Pl & McDowell, PHOENIX (FLU & LAB)

Friday, December 1

AJ's: 56th St & Ray Rd, CHANDLER (FLU & LAB)

Bashas': 75th Ave & Thunderbird, PEORIA (FLU & LAB)

Saturday, December 2

Bashas': 7th St & Missouri, PHOENIX (FLU & LAB)

AJ's: Pima & Pinnacle, SCOTTSDALE (FLU & LAB)

Monday, December 4

Bashas': McDonald & Granite Reef, SCOTTSDALE

(FLU & LAB)

Food City: Dorsey Ln & Apache Blvd, TEMPE (FLU & LAB)

Tuesday, December 5

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

(FLU & LAB)

AJ's: Skyline & Campbell, TUCSON (FLU & LAB)

Wednesday, December 6

Bashas': Oracle & Golder Ranch, TUCSON (FLU & LAB)

Thursday, December 7

Bashas': Power & McDowell, MESA (FLU & LAB)

Bashas': 99th Ave & Beardsley, PEORIA (FLU & LAB)

Friday, December 8

AJ's: Central & Camelback, PHOENIX (FLU & LAB)

Bashas': Coffee Pot & Yavapai, SEDONA (FLU & LAB)

Saturday, December 9

Bashas': Hayden & Indian School, SCOTTSDALE

(FLU & LAB)

Bashas': Waddell & Reems Rd, SURPRISE (FLU & LAB)

Monday, December 11

Bashas': Ellworth & Brown, MESA (FLU & LAB)

Food City: Bethany Home & 27th Ave, PHOENIX (FLU & LAB)

Tuesday, December 12

Bashas': 7th St & E Union Hills, PHOENIX (FLU & LAB)

Wednesday, December 13

Bashas': Power Rd & Chandler Heights, QUEEN CREEK

(FLU & LAB)

Thursday, December 14

Bashas': 7th Ave & Osborn, PHOENIX (FLU & LAB)

Bashas': Cortaro & Thornydale, TUCSON (FLU & LAB)

Friday, December 15

Bashas': Dysart & Camelback, LITCHFIELD PARK

(FLU & LAB)

Bashas': Alma School & Riggs Rd, SUN LAKES (FLU & LAB)

9am–12:30pm
at these store locations:

Saturday, December 16

Bashas': La Cholla & River Rd, TUCSON (FLU & LAB)

Food City: LAKE HAVASU CITY (FLU & LAB)

Monday, December 18

Bashas': 32nd St & Shea, PHOENIX (FLU & LAB)

Tuesday, December 19

AJ's: Pinnacle Peak & Pima, SCOTTSDALE (FLU & LAB)

Wednesday, December 20

Bashas': 75th Ave & Thunderbird, PEORIA (FLU & LAB)

Food City: Irvington & Campbell, TUCSON (FLU & LAB)

Thursday, December 21

Bashas': 7th St & Missouri, PHOENIX (FLU & LAB)

Friday, December 22

Food City: Alma School & 8th Ave, MESA (FLU & LAB)

Bashas': RH Johnson & Meeker, SUN CITY (FLU & LAB)

Saturday, December 23

Food City: Flowing Wells & Roger Rd, TUCSON (FLU & LAB)

Bashas': Warner Rd & McClintock, TEMPE (FLU & LAB)

Tuesday, December 26

Bashas': Sunrise & Kolb, TUCSON (FLU & LAB)

Wednesday, December 27

Bashas': 7th St & Missouri, PHOENIX (FLU & LAB)

Thursday, December 28

Food City: Main & Stapely, MESA (FLU & LAB)

Friday, December 29

AJ's: Scottsdale Rd & Lincoln, SCOTTSDALE (FLU & LAB)



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