



Lab Screenings

SMAC-31 Super Panel \$35

8 hours fasting, water and medications only. Includes: Total Cholesterol, HDL, LDL, triglycerides, glucose, kidney and liver function, nutrition, iron, bone: calcium, electrolytes & more.

Prostate Specific Antigen (PSA) \$48

Recommended for men 40 and older.

C-Reactive Protein-High Sensitivity \$35

8 hours fasting (preferred). Helps predict heart attack risk.

Complete Blood Count (CBC) \$20

Tests for anemia & assesses different cells found in the blood.

Hemoglobin A1C \$25

No fasting necessary. This test is used for diabetic patients to monitor glucose control over the last few months.

Homocysteine \$90

Rheumatoid Arthritis Panel \$95

TSH Thyroid \$38 | T3U, T4 & T7 Thyroid \$28

Both Thyroid Panels \$58

Normally \$66, you save \$8.

Apolipoprotein A-1 & B \$68

An advanced & sensitive indicator of cardiovascular risk.

Colorectal Cancer Screening \$30

Take-home kit for screening fecal-occult blood. Kit must be returned in provided envelope to Healthwaves.

Vitamin D \$48

Fasting preferred, primarily recommended to check for Vitamin D deficiency which is common in children and adults.

Allergy

Basic Food Panel \$80

Tests 46 items (includes: milk, eggs, meats and grains).

Southwest Regional Inhalant Panel \$80

Tests 45 items (includes: grasses, dust, pollens and pet hair).

Comprehensive Food Panel \$150

Tests 90 items—all of basic panel plus many more food items.

Combo Prices:

Basic Food and Southwest Regional Inhalant Panels \$145

Comprehensive Food & SW Regional Inhalant Panels \$200

Healthwaves

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

www.healthwaves.com | 480.968.1886

2021-2022

More Tests

Complete Lipid Panel \$25

Chol, HDL, VLDL, Trig, Chol/HDL Ratio

Cardio IQ \$ 85

8 hrs fasting (water & medications ok)
Lipoprotein Fractionation w/lipids. (Includes LDL Particle Number, Pattern, HDL Large, LDL Small, Medium, etc + complete lipid profile)

Testosterone Adult Males Total \$85

Hormone secreted by testicles in men, ovaries in women, and in small amounts by adrenal glands.

Testosterone Total & Free \$85

Recommended for men 40 and older.

Testosterone Total Women & Children \$85

This test is recommended for females, children less than 18 & hypogonadal males.

Free T3 \$48

Thyroid hormone circulating not attached to a protein—more specific test than the panel.

Free T4 \$35

Thyroid hormone circulating not attached to a protein—more specific test than the panel.

Ferritin \$40

Major iron storing protein in the body.

PT/INR \$35

Clotting time of blood.

Vitamin B12 Test \$75

Found in meat, fish & dairy. Helps with fatigue, memory, prevent anemias, lowers homocysteine.

Folate (Folic Acid) \$55

8 hrs fasting preferred (water only). B vitamin important for cell growth, metabolism, neurogenic & cardiac health.



COVID-19 Antibody Blood Test \$95

An **IgG antibody test** (analyzed by Sonora Quest Lab) which provides insight into an individual's immune response to potential exposure to COVID-19.

Note: This is a test for healthy individuals and is not intended for diagnosis of active infection.

(Pursuant to recent health guidelines, please STAY at home and contact your physician if you have an elevated temperature greater than 100.3 degrees or have any other flu like symptoms)

9am–12:30pm
at these store locations:

Monday, August 2

Food City: 1501 Arizona 89A, COTTONWOOD

Tuesday, August 3

AJ's: 56th St & Ray Rd, CHANDLER
Bashas': Waddell Rd & Reems Rd, SURPRISE

Wednesday, August 4

AJ's: Frank Lloyd Wright Blvd & Thompson Peak Pkwy,
SCOTTSDALE

Thursday, August 5

Bashas': Baseline & Crismon, MESA

Friday, August 6

Bashas': Oracle & Golder Ranch, TUCSON
Food City: Scottsdale Rd & McKellips, TEMPE

Saturday, August 7

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA
AJ's: Central & Camelback, PHOENIX

Monday, August 9

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST
Bashas': 75th Ave & Thunderbird, PEORIA
AJ's: Val Vista and Baseline, MESA

Tuesday, August 10

Bashas': 7th St & Union Hills Dr PHOENIX

Wednesday, August 11

Bashas': Higley & Elliot, GILBERT

Thursday, August 12

Bashas': 99th Ave & Beardsley, PEORIA
Food City: Roger Rd & Flowing Wells Rd, TUCSON

Friday, August 13

Bashas': Power & McDowell, MESA

Saturday, August 14

Bashas': 650 Finnie Flats Rd, CAMP VERDE
Bashas': Hayden & Indian School, SCOTTSDALE

Monday, August 16

Bashas': Warner & McClintock, TEMPE

Tuesday, August 17

AJ's: 67th Ave & Beardsley GLENDALE
Bashas': 36889 N Tom Darlington Dr, CAREFREE

Wednesday, August 18

Bashas': 7th St & Missouri, PHOENIX

Thursday, August 19

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER
Bashas': Woodland Village, FLAGSTAFF

Friday, August 20

AJ's: Pima & Pinnacle Peak Rd, SCOTTSDALE

Saturday, August 21

Bashas': Waddell Rd & Reems Rd, SURPRISE
Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, August 23

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Tuesday, August 24

Bashas': Alma School & Riggs, SUN LAKES

Wednesday, August 25

Food City: Dysart & Van Buren, AVONDALE

Thursday, August 26

Bashas': 99th Ave & Beardsley, PEORIA

Friday, August 27

Bashas': Power & Chandler Heights, QUEEN CREEK

Saturday, August 28

Food City: 44th st & McDowell Rd PHOENIX
Food City: Florence & 2nd St, CASA GRANDE

9am–12:30pm
 at these store locations:

Monday, August 30

Bashas': Ellsworth & Brown, MESA

Tuesday, August 31

Bashas': Dysart & Camelback, LITCHFIELD PARK

Wednesday, September 1

LAB AND FLU

AJ's: Central & Camelback, PHOENIX

Bashas': Sunrise & Kolb, TUCSON

Thursday, September 2

Bashas': Higley & Elliot, GILBERT

Friday, September 3

LAB AND FLU

Food City: Arizona Ave & Ray Rd, CHANDLER

Saturday, September 4

LAB AND FLU

Bashas': 32nd St & Shea Blvd, PHOENIX

Bashas': Coffee Pot Dr & Yavapai, SEDONA

Monday, September 6

LAB AND FLU

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

LAB AND FLU

Bashas': Verrado Way & Main St, BUCKEYE

Tuesday, September 7

Bashas': Power & McDowell, MESA

LAB AND FLU

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

Wednesday, September 8

Bashas': 75th Ave & Thunderbird, PEORIA

Thursday, September 9

LAB AND FLU

Food City: Baseline & Hardy, TEMPE

AJ's: Scottsdale & Lincoln Rd, SCOTTSDALE

Friday, September 10

LAB AND FLU

AJ's: Baseline & Val Vista, MESA

Bashas': Warner & McClintock, TEMPE

Saturday, September 11

Bashas': 7th St & Missouri, PHOENIX

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Monday, September 13

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Food City: Kiowa Ave & Hwy 95, LAKE HAVASU CITY

Tuesday, September 14

LAB AND FLU

AJ's: Frank Lloyd Wright Blvd & Thompson Peak Pkwy, SCOTTSDALE

Wednesday, September 15

Bashas': 7th St & Union Hills, PHOENIX

Thursday, September 16

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Bashas': Power & Chandler Heights, QUEEN CREEK

Friday, September 17

LAB AND FLU

Food City: Dysart & Van Buren, AVONDALE

Bashas': Maricopa & Smith Enke Rd, MARICOPA

Saturday, September 18

LAB AND FLU

AJ's: Skyline & Campbell, TUCSON

Bashas': Waddell Rd & Reems Rd, SURPRISE

Monday, September 20

LAB AND FLU

AJ's: 67th Ave & Beardsley, GLENDALE

LAB AND FLU

Food City: Mesa Dr & Brown, MESA

Tuesday, September 21

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

9am–12:30pm
at these store locations:

Wednesday, September 22

LAB AND FLU

AJ's: 44th St & Camelback, PHOENIX

Thursday, September 23

LAB AND FLU

Bashas': McDonald & Granite Reef, SCOTTSDALE

Friday, September 24

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, September 25

Bashas': Camp Lowell & Swan, TUCSON

Bashas': 5310 S Superstition Mountain Dr, GOLD CANYON

Monday, September 27

LAB AND FLU

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Bashas': Dysart & Camelback, LITCHFIELD PARK

Tuesday, September 28

LAB AND FLU

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Wednesday, September 29

Bashas': 48th St & Warner, PHOENIX

Thursday, September 30

LAB AND FLU

Food City: Florence St & 2nd St, CASA GRANDE

Friday, October 1

LAB AND FLU

Food City: Mesa Dr & Brown, MESA

Saturday, October 2

Bashas': Power & Chandler Heights, QUEEN CREEK

Bashas': Bell Rd & Thompson Peak Pkwy,
SCOTTSDALE

Monday, October 4

LAB AND FLU

Bashas': 32nd St & Shea Blvd, PHOENIX

LAB AND FLU

Food City: Dysart & Van Buren, AVONDALE

Tuesday, October 5

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, October 6

Bashas': 7th St & Missouri, PHOENIX

Thursday, October 7

Bashas': Warner & McClintock, TEMPE

Friday, October 8

LAB AND FLU

Bashas': 142 Hwy 260, PAYSON

Food City: 32nd St & Greenway, PHOENIX

Saturday, October 9

Bashas': Coffee Pot & Yavapai Dr, SEDONA

LAB AND FLU

Food City: Baseline & Central, PHOENIX

Monday, October 11

Bashas': Hayden & Indian School, SCOTTSDALE

Tuesday, October 12

Bashas': La Cholla & River Rd, TUCSON

Wednesday, October 13

Bashas': Waddell Rd & Reems Rd, SURPRISE

Thursday, October 14

LAB AND FLU

AJ's: Pima & Legacy, SCOTTSDALE

Friday, October 15

Bashas': Elliot and Higley, GILBERT



9am–12:30pm
at these store locations:

Saturday, October 16

LAB AND FLU

Food City: Dorsey Ln & Apache Blvd, TEMPE

LAB AND FLU

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Monday, October 18

LAB AND FLU

Bashas': 32nd St & Shea Blvd, PHOENIX

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Bashas': 99th Ave & Beardsley, PEORIA

Tuesday, October 19

LAB AND FLU

Food City: Arizona Ave & Ray Rd, CHANDLER

Wednesday, October 20

Bashas': 7th St & Union Hills Dr PHOENIX

Thursday, October 21

Bashas': Brown & Higley, MESA

Friday, October 22

Bashas': Dysart & Camelback, LITCHFIELD PARK

Bashas': 75th Ave & Thunderbird, PEORIA

Saturday, October 23

Bashas': Cortaro & Thornydale, TUCSON

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Monday, October 25

LAB AND FLU

Bashas': 650 Finnie Flats Rd, CAMP VERDE

LAB AND FLU

Food City: Hardy & Baseline, TEMPE

Tuesday, October 26

LAB AND FLU

Food City: 51st Ave & McDowell Rd PHOENIX

Wednesday, October 27

LAB AND FLU

AJ's: 67th Ave & Beardsley, GLENDALE

Thursday, October 28

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Friday, October 29

LAB AND FLU

AJ's: Central & Camelback, PHOENIX

LAB AND FLU

AJ's: Baseline & Val Vista, MESA

Saturday, October 30

Bashas': Maricopa & Smith Enke Rd, MARICOPA

LAB AND FLU

Food City: Country Club & 22nd, TUCSON

Monday, November 1

Bashas': 48th St & Warner, PHOENIX

Tuesday, November 2

LAB AND FLU

Food City: 1501 Arizona 89A, COTTONWOOD

Bashas': Elliot and Higley, GILBERT

Wednesday, November 3

LAB AND FLU

Food City: Florence St & 2nd St, CASA GRANDE

Thursday, November 4

Bashas': Warner & McClintock, TEMPE

Friday, November 5

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, November 6

Bashas': Hayden & Indian School, SCOTTSDALE

Bashas': Ellsworth & Brown, MESA

Monday, November 8

LAB AND FLU

AJ's: Central & Camelback PHOENIX

Bashas': Cortaro & Thornydale, TUCSON



9am–12:30pm
at these store locations:

Tuesday, November 9

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, November 10

Bashas': Waddell Rd & Reems Rd, SURPRISE

LAB AND FLU

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

Thursday, November 11

LAB AND FLU

Food City: Mesa Dr & Brown, MESA

LAB AND FLU

AJ's: 44th St & Camelback, PHOENIX

Friday, November 12

LAB AND FLU

AJ's: 67th Ave & Beardsley, GLENDALE

LAB AND FLU

Food City: Scottsdale Rd & McKellips, TEMPE

Saturday, November 13

LAB AND FLU

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Bashas': Coffee Pot & Yavapai Dr, SEDONA

Monday, November 15

Bashas': 7th St & Union Hills, PHOENIX

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Tuesday, November 16

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Bashas': Dysart & Camelback, LITCHFIELD PARK

Wednesday, November 17

LAB AND FLU

AJ's: Baseline & Val Vista, MESA

Bashas': 99th Ave & Beardsley, PEORIA

Thursday, November 18

LAB AND FLU

Food City: Dysart & Van Buren, AVONDALE

Friday, November 19

Bashas': Alma School & Riggs, SUN LAKES

Bashas': Swan & Camp Lowell Rd, TUCSON

Saturday, November 20

Bashas': Baseline & Crismon, MESA

LAB AND FLU

Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, November 22

LAB AND FLU

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Bashas': Power & Chandler Heights, QUEEN CREEK

Tuesday, November 23

Bashas': Brown & Higley, MESA

Bashas': 142 Hwy 260, PAYSON

Saturday, November 27

Bashas': 7th St & Missouri, PHOENIX

LAB AND FLU

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Monday, November 29

LAB AND FLU

Food City: Dorsey Ln & Apache, TEMPE

LAB AND FLU

Bashas': McDonald & Granite Reef, SCOTTSDALE

Tuesday, November 30

LAB AND FLU

Bashas': Verrado Way & Main St, BUCKEYE

LAB AND FLU

AJ's: Skyline & Campbell, TUCSON

Wednesday, December 1

Bashas': Power & McDowell, MESA

LAB AND FLU

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Thursday, December 2

Bashas': Warner & McClintock, TEMPE



9am–12:30pm
at these store locations:

Friday, December 3

LAB AND FLU

Food City: Arizona Ave & Ray Rd, CHANDLER

Saturday, December 4

LAB AND FLU

Bashas': 32nd St & Shea Blvd, PHOENIX

Bashas': Waddell Rd & Reems Rd, SURPRISE

Monday, December 6

LAB AND FLU

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

LAB AND FLU

Food City: Bethany Home Rd & 27th Ave, PHOENIX

Bashas': Ellsworth & Brown, MESA

Tuesday, December 7

LAB AND FLU

Food City: Hardy & Baseline, TEMPE

Bashas': 7th St & Union Hills, PHOENIX

Wednesday, December 8

Bashas': 5310 S Superstition Mountain Dr,
GOLD CANYON

Bashas': Power & Chandler Heights, QUEEN CREEK

Thursday, December 9

Bashas': 99th Ave & Beardsley, PEORIA

Bashas': Cortaro & Thornydale, TUCSON

Friday, December 10

LAB AND FLU

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Bashas': Dysart & Camelback, LITCHFIELD PARK

Bashas': Alma School & Riggs, SUN LAKES

Saturday, December 11

LAB AND FLU

Food City: 51st Ave & McDowell Rd PHOENIX

Bashas': Elliot and Higley, GILBERT

Monday, December 13

LAB AND FLU

Bashas': 32nd St & Shea Blvd, PHOENIX

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Tuesday, December 14

Bashas': Higley & Brown MESA

LAB AND FLU

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Wednesday, December 15

Bashas': 75th Ave & Thunderbird, PEORIA

Bashas': Oracle & Golden Rancher TUCSON

Thursday, December 16

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

LAB AND FLU

Food City: Dysart & Van Buren, AVONDALE

Friday, December 17

LAB AND FLU

AJ's: Baseline & Val Vista, MESA

Saturday, December 18

LAB AND FLU

AJ's: Frank Lloyd Wright Blvd & Thompson Peak Pkwy,
SCOTTSDALE

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Monday, December 20

Bashas': 7th St & Missouri, PHOENIX

Tuesday, December 21

LAB AND FLU

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Wednesday, December 22

LAB AND FLU

AJ's: 67th Ave & Beardsley GLENDALE

Thursday, December 23

AJ's: Scottsdale & Lincoln Rd, SCOTTSDALE

Monday, December 27

LAB AND FLU

AJ's: Ray Rd & 56th St CHANDLER



9am–12:30pm
at these store locations:

Tuesday, December 28

Bashas': Sunrise & Kolb Rd, TUCSON

Wednesday, December 29

Bashas': Baseline & Crismon Rd, MESA

Thursday, December 30

Bashas': 48th St & Warner, PHOENIX

2022

Monday, January 3

Bashas': 7th St & Union Hills Dr PHOENIX

Tuesday, January 4

AJ's: Pima & Legacy, SCOTTSDALE

Food City: Dysart & Van Buren, AVONDALE

Wednesday, January 5

Food City: 1501 Arizona 89A, COTTONWOOD

Thursday, January 6

AJ's: Baseline & Val Vista, MESA

Friday, January 7

Bashas': 36889 N Tom Darlington Dr, CAREFREE

AJ's: Ray Rd & 56th St CHANDLER

Saturday, January 8

Bashas': Warner & McClintock, TEMPE

AJ's: 67th Ave & Beardsley GLENDALE

Monday, January 10

Bashas': Hayden & Indian School SCOTTSDALE

Bashas': 99th Ave & Beardsley, PEORIA

Tuesday, January 11

Bashas': Oracle & Golden Rancher TUCSON

Bashas': Shea & 32nd St, PHOENIX

Wednesday, January 12

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, January 13

Bashas': Power Rd & Chandler Heights QUEEN CREEK

Friday, January 14

Food City: 51st Ave & McDowell Rd PHOENIX

Bashas': Coffee Pot Dr & Yavapai, SEDONA

Saturday, January 15

Bashas': Higley & Brown MESA

Bashas': 75th Ave & Thunderbird, PEORIA

Monday, January 17

Bashas': Verrado Way & Main St, BUCKEYE

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

Tuesday, January 18

Bashas': Waddell Rd & Reems Rd, SURPRISE

Bashas': 7th St & Missouri, PHOENIX

Wednesday, January 19

Food City: Mesa Dr & Brown, MESA

Thursday, January 20

Food City: Florence & 2nd St, CASA GRANDE

Bashas': 48th St & Warner, PHOENIX

Friday, January 21

Bashas': Cortaro & Thornydale, TUCSON

Saturday, January 22

Bashas': Maricopa & Smith Enke Rd, MARICOPA

Food City: 32nd St & Greenway, PHOENIX

Monday, January 24

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Food City: Scottsdale Rd & McKellips, TEMPE



9am–12:30pm
at these store locations:

Tuesday, January 25

Food City: 44th st & McDowell Rd PHOENIX

Wednesday, January 26

Bashas': Riggs Rd & Alma School, SUN LAKES

Bashas': Higley & Elliot, GILBERT

Thursday, January 27

Bashas': Dysart & Camelback, LITCHFIELD PARK

Friday, January 28

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, January 29

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Bashas': Ellsworth & Brown MESA

Monday, January 31

AJ's: Camelback & Central PHOENIX

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Tuesday, February 1

Bashas': Power & McDowell MESA

Wednesday, February 2

Food City: Dysart & Van Buren, AVONDALE

Thursday, February 3

Bashas': Shea & 32nd St, PHOENIX

Bashas': La Cholla & River Rd, TUCSON

Friday, February 4

Bashas': Warner & McClintock, TEMPE

Bashas': Indian School & Hayden, SCOTTSDALE

Saturday, February 5

Food City: Mesa Dr & Brown, MESA

Bashas': 48th St & Warner Rd, PHOENIX

Monday, February 7

Food City: 32nd St & Greenway, PHOENIX

Tuesday, February 8

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, February 9

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Thursday, February 10

Bashas': 7th St & Missouri, PHOENIX

AJ's: 67th Ave & Beardsley GLENDALE

Friday, February 11

AJ's: Baseline & Val Vista, MESA

Bashas': Camp Lowell & Swan, TUCSON

Saturday, February 12

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Bashas': 99th Ave & Beardsley, PEORIA

Monday, February 14

Bashas': Dysart & Camelback, LITCHFIELD PARK

AJ's: Lone Mountain & Scottsdale, SCOTTSDALE

Tuesday, February 15

Bashas': Chandler Heights & Gilbert, CHANDLER

Food City: Kiowa Ave & Lake Havasu, LAKE HAVASU CITY

Wednesday, February 16

Bashas': Higley & Brown, MESA

AJ's: Central & Camelback Rd, PHOENIX

Thursday, February 17

AJ's: Frank Lloyd Wright Blvd & Thompson Peak Pkwy,
SCOTTSDALE

Friday, February 18

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

Bashas': Warner & McClintock, TEMPE

Saturday, February 19

AJ's: Skyline & Campbell, TUCSON

Bashas': Superstition Mountain & Hwy 60,
GOLD CANYON



9am–12:30pm
at these store locations:

Monday, February 21

Bashas': Baseline & Crismon Rd, MESA

Tuesday, February 22

Food City: 51st Ave & McDowell Rd PHOENIX

Wednesday, February 23

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

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Thursday, February 24

Bashas': Power & Chandler Heights, QUEEN CREEK

Friday, February 25

Food City: 44th st & McDowell Rd PHOENIX

Bashas': Waddell Rd & Reems Rd, SURPRISE

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, February 26

Bashas': Ellsworth and Brown, MESA

Bashas': Higley & Elliot, GILBERT

Monday, February 28

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Tuesday, March 1

Bashas': 75th Ave & Thunderbird Rd, PEORIA

Wednesday, March 2

Food City: Stapley & Main, MESA

Thursday, March 3

Food City: Roger Rd & Flowing Wells Rd, TUCSON

Friday, March 4

Food City: Dorsey Ln & Apache Blvd, TEMPE

Saturday, March 5

AJ's: Camelback & 44th St, PHOENIX

Food City: 1501 Arizona 89A, COTTONWOOD

Monday, March 7

Bashas': 5310 S Superstition Mountain Dr,
GOLD CANYON

Food City: Arizona Ave & Ray Rd, CHANDLER

Tuesday, March 8

Food City: Baseline & Central, PHOENIX

Bashas': Hayden & Indian School, SCOTTSDALE

Wednesday, March 9

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Bashas': Brown & Higley, MESA

Thursday, March 10

AJ's: 67th Ave & Beardsley GLENDALE

Friday, March 11

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Bashas': Coffee Pot & Yavapai Dr, SEDONA

Saturday, March 12

Bashas': 99th Ave & Beardsley, PEORIA

Bashas': 7th St & Missouri, PHOENIX

Monday, March 14

Bashas': Warner & McClintock, TEMPE

Tuesday, March 15

Bashas': Shea Blvd & 32nd St, PHOENIX

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, March 16

Bashas': Dysart & Camelback, LITCHFIELD PARK

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, March 17

Bashas': Sunrise & Kolb Rd, TUCSON

Bashas': 48th St & Warner, PHOENIX

Friday, March 18

Bashas': Chandler Heights & Power Rd, QUEEN CREEK



9am–12:30pm
at these store locations:

Saturday, March 19

Bashas' 650 Finnie Flats Rd, CAMP VERDE
AJ's' Camelback & Central PHOENIX

Monday, March 21

Bashas' RH Johnson & Meeker, SUN CITY WEST
Bashas' 7th St & Union Hills, PHOENIX

Tuesday, March 22

Bashas' Waddell Rd & Reems Rd, SURPRISE

Wednesday, March 23

Bashas' Verrado Way & Main St, BUCKEYE

Thursday, March 24

Bashas' 142 Hwy 260, PAYSON

Friday, March 25

Bashas' Riggs Rd & Alma School, SUN LAKES
Bashas' Higley & Elliot, GILBERT

Saturday, March 26

Bashas' Thornydale & Cortaro Farms Rd, TUCSON
Bashas' Bell Rd & Thompson Peak Pkwy,
SCOTTSDALE

Monday, March 28

Food City' Hwy 92 & Fry Blvd, SIERRA VISTA

Tuesday, March 29

Bashas' Maricopa & Smith Enke Rd, MARICOPA

Wednesday, March 30

Bashas' Granite Reef Rd & McDonald Dr, SCOTTSDALE
Bashas' Humphreys & Columbus, FLAGSTAFF

Thursday, March 31

Bashas' Crismon Rd & Baseline Rd, MESA

Friday, April 1

Bashas' RH Johnson & Meeker, SUN CITY WEST

Saturday, April 2

Food City' Dysart & Van Buren, AVONDALE
Bashas' 32nd St & Shea Blvd, PHOENIX

Monday, April 4

Bashas' Oracle & Golder Ranch Rd, TUCSON
Bashas' 75th Ave & Thunderbird, PEORIA

Tuesday, April 5

Bashas' Hayden & Indian School, SCOTTSDALE

Wednesday, April 6

Bashas' Warner & McClintock, TEMPE
Bashas' 99th Ave & Beardsley, PEORIA

Thursday, April 7

Bashas' Power Rd & McDowell, MESA

Friday, April 8

Bashas' 650 Finnie Flats Rd, CAMP VERDE
Bashas' 7th St & Missouri, PHOENIX

Saturday, April 9

AJ's' 67th Ave & Beardsley, GLENDALE
Bashas' McDonald & Granite Reef, SCOTTSDALE

Monday, April 11

Bashas' 36889 N Tom Darlington Dr, CAREFREE
AJ's' 56th St & Ray Rd, CHANDLER

Tuesday, April 12

Food City' 32nd St & Greenway, PHOENIX

Wednesday, April 13

AJ's' Val Vista & Baseline Rd, MESA

Thursday, April 14

Bashas' Dysart & Camelback, LITCHFIELD PARK
Bashas' Palisades & Saguaro, FOUNTAIN HILLS



9am–12:30pm
at these store locations:

Friday, April 15

Food City: 22nd st & Country Club Rd, TUCSON

AJ's: Camelback & 44th St, PHOENIX

Saturday, April 16

Food City: Mesa Dr & Brown, MESA

Bashas': Coffee Pot & Yavapai Dr, SEDONA

Monday, April 18

Bashas': Power & Chandler Heights, QUEEN CREEK

AJ's: Camelback & Central PHOENIX

Tuesday, April 19

Food City: Baseline & Hardy, TEMPE

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Wednesday, April 20

Bashas': Higley & Brown MESA

Bashas': Union Hills & 7th St, PHOENIX

Thursday, April 21

Bashas': La Cholla & River Rd, TUCSON

Bashas': Waddell Rd & Reems Rd, SURPRISE

Friday, April 22

Bashas': Warner & 48th St, PHOENIX

AJ's: Pima & Legacy, SCOTTSDALE

Saturday, April 23

Food City: 2nd St & Florence, CASA GRANDE

Food City: 44th st & McDowell Rd PHOENIX

Monday, April 25

Bashas': Ellsworth & Brown, MESA

Tuesday, April 26

Bashas': 3269 Maricopa Ave, LAKE HAVASU CITY

Wednesday, April 27

Bashas': Elliot and Higley, GILBERT

Bashas': Shea Blvd & 32nd St, PHOENIX

Thursday, April 28

Food City: Baseline & Central, PHOENIX

Friday, April 29

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Saturday, April 30

AJ's: Frank Lloyd Wright Blvd & Thompson Peak Pkwy, SCOTTSDALE

Food City: Scottsdale Rd & McKellips, TEMPE

Monday, May 2

Bashas': 48th St & Warner, PHOENIX

Tuesday, May 3

Bashas': Camp Lowell & Swan, TUCSON

Wednesday, May 4

Bashas': 99th Ave & Beardsley PEORIA

Bashas': Power & Chandler Heights, QUEEN CREEK

Thursday, May 5

Bashas': Hayden & Indian School, SCOTTSDALE

Bashas': Brown & Higley, MESA

Friday, May 6

Bashas': Bell & Thompson Peak Pkwy, SCOTTSDALE

Food City: Arizona Ave & Ray Rd, CHANDLER

Saturday, May 7

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Monday, May 9

Food City: Dysart & Van Buren, AVONDALE

Tuesday, May 10

Bashas': Crismon and Baseline, MESA

Bashas': 7th St & Union Hills Dr PHOENIX



9am–12:30pm
at these store locations:

Wednesday, May 11

Bashas': 75th Ave & Thunderbird, PEORIA

Bashas': Sunrise & Kolb, TUCSON

Thursday, May 12

AJ's: 67th Ave & Beardsley, GLENDALE

Bashas': Warner & McClintock, TEMPE

Friday, May 13

Bashas': Coffee Pot & Yavapai Dr, SEDONA

Saturday, May 14

Bashas': Higley & Elliot, GILBERT

Bashas': 7th St & Missouri, PHOENIX

Monday, May 16

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Tuesday, May 17

Bashas': Ellsworth and Brown, MESA

AJ's: Camelback & Central, PHOENIX

Wednesday, May 18

Bashas': Superstition Mtn Dr & Superstition Fwy,
GOLD CANYON

Food City: Hardy & Baseline, TEMPE

Thursday, May 19

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Friday, May 20

Bashas': Gilbert Rd & Chandler Heights Rd, CHANDLER

Saturday, May 21

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Bashas': Verrado Way & Main St, BUCKEYE

Monday, May 23

Bashas': Dysart & Camelback, LITCHFIELD PARK

Bashas': Shea Blvd & 32nd St, PHOENIX

Tuesday, May 24

AJ's: Skyline & Campbell, TUCSON

Wednesday, May 25

Food City: 51st Ave & McDowell Rd PHOENIX

AJ's: Val Vista & Baseline Rd, MESA

Thursday, May 26

Bashas': Maricopa & Smith Enke Rd, MARICOPA

Friday, May 27

Bashas': Waddell Rd & Reems Rd, SURPRISE

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Saturday, May 28

Food City: 1501 Arizona 89A, COTTONWOOD

Bashas': Power Rd & McDowell, MESA

Monday, May 30

Food City: Dorsey Ln & Apache Blvd, TEMPE

Tuesday, May 31

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

Wednesday, June 1

Food City: Dysart & Van Buren, AVONDALE

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

Thursday, June 2

Bashas': Higley & Brown MESA

Bashas': Union Hills & 7th St, PHOENIX

Friday, June 3

Bashas': Hayden & Indian School, SCOTTSDALE

AJ's: Skyline & Campbell, TUCSON

Saturday, June 4

Bashas': 99th Ave & Beardsley PEORIA

Bashas': 7th St & Missouri, PHOENIX

Monday, June 6

AJ's: Central & Camelback, PHOENIX



9am–12:30pm
at these store locations:

Tuesday, June 7

Bashas': Ellsworth & Brown, MESA

AJ's: Frank Lloyd Wright & Thompson Peak Parkway,
SCOTTSDALE

Wednesday, June 8

Bashas': Thunderbird & 75th Ave, PEORIA

Bashas': Warner & 48th St, PHOENIX

Thursday, June 9

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Friday, June 10

AJ's: 67th Ave & Beardsley, GLENDALE

Bashas': Thornydale and Cortaro Farms Rd, TUCSON

Saturday, June 11

Bashas': Power & McDowell MESA

Bashas': Coffee Pot Dr & Yavapai, SEDONA

Monday, June 13

Bashas': Reems & Waddell, SURPRISE

AJ's: Pima & Pinnacle Peak Rd, SCOTTSDALE

Tuesday, June 14

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Wednesday, June 15

Bashas': Dysart & Camelback, LITCHFIELD PARK

Bashas': Warner & McClintock, TEMPE

Thursday, June 16

Bashas': 142 Hwy 260, PAYSON

Friday, June 17

Food City: Mesa Dr & Brown, MESA

Food City: 32nd St & Greenway, PHOENIX

Saturday, June 18

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Bashas': Alma School & Riggs, SUN LAKES

Monday, June 20

Bashas': McDonald & Granite Reef, SCOTTSDALE

Tuesday, June 21

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, June 22

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Thursday, June 23

Bashas': Higley & Elliot, GILBERT

Bashas': Oracle & Golder Ranch, TUCSON

Friday, June 24

Bashas': Missouri & 7th St, PHOENIX

Saturday, June 25

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Monday, June 27

Bashas': 3269 Maricopa Ave, LAKE HAVASU CITY

Bashas': Baseline & Crismon, MESA

Tuesday, June 28

Food City: Scottsdale Rd & McKellips, TEMPE

Wednesday, June 29

Bashas': Shea Blvd & 32nd St, PHOENIX

Thursday, June 30

AJ's: 44th St & Camelback, PHOENIX

Bashas': Power & Chandler Heights, QUEEN CREEK

Friday, July 1

Food City: Arizona Ave & Ray Rd, CHANDLER

Bashas': La Cholla & River Rd, TUCSON

Saturday, July 2

Bashas': Hayden & Indian School, SCOTTSDALE

Bashas': 7th St & Missouri, PHOENIX



9am–12:30pm
at these store locations:

Tuesday, July 5

Bashas': Dysart & Camelback, LITCHFIELD PARK
AJ's: Scottsdale & Lincoln, SCOTTSDALE

Wednesday, July 6

Bashas': 7th St & Union Hills, PHOENIX

Thursday, July 7

AJ's: 67th Ave & Beardsley GLENDALE

Friday, July 8

Bashas': Waddell Rd & Reems Rd, SURPRISE
Bashas': Bell Rd & Thompson Peak Pkwy,
SCOTTSDALE

Saturday, July 9

Bashas: 650 Finnie Flats Rd, CAMP VERDE
AJ's: 56th St & Ray Rd, CHANDLER

Monday, July 11

Bashas': Sunrise & Kolb, TUCSON
Bashas': Power & McDowell MESA

Tuesday, July 12

Bashas': Alma School & Riggs, SUN LAKES

Wednesday, July 13

Bashas': 75th Ave & Thunderbird PEORIA
Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Thursday, July 14

Food City: Baseline & Central, PHOENIX
Bashas': Warner & McClintock, TEMPE

Friday, July 15

Bashas': Coffee Pot & Yavapai Dr, SEDONA
AJ's: Pima & Legacy, SCOTTSDALE

Saturday, July 16

Bashas': 99th Ave & Beardsley, PEORIA
Bashas': 5310 S Superstition Mountain Dr, GOLD CANYON

Monday, July 18

Bashas': Chandler Heights & Power Rd, QUEEN CREEK
Bashas': 36889 N Tom Darlington Dr, CAREFREE

Tuesday, July 19

Bashas': Ellsworth & Brown, MESA

Wednesday, July 20

Food City: 32nd St & Greenway, PHOENIX
Food City: Campbell & Irvington Rd, TUCSON

Thursday, July 21

Bashas': Verrado Way & Main St, BUCKEYE

Friday, July 22

Bashas': Humphreys & Columbus, FLAGSTAFF
Bashas': 32nd St & Shea Blvd, PHOENIX

Saturday, July 23

AJ's: Val Vista and Baseline, MESA
AJ's: 44th St & Camelback, PHOENIX

Monday, July 25

Bashas': Higley & Elliot, GILBERT

Tuesday, July 26

Food City: Florence St & 2nd St, CASA GRANDE

Wednesday, July 27

Food City: Dorsey Ln & Apache Blvd, TEMPE

Thursday, July 28

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Friday, July 29

Bashas': Camp Lowell & Swan, TUCSON

Saturday, July 30

Bashas': Maricopa & Smith Enke, MARICOPA
Bashas': Baseline & Crismon, MESA

LAB SCHEDULE 2021-2022