



Our HealthStyles program offers valuable tips and information to help you take better care of yourself and your family by providing information on eating healthy, preventative health screenings, prescription medication programs and immunization clinics.

Staying committed to a healthy lifestyle can be challenging. Take advantage of opportunities to be more healthy and fit, you can improve your quality of life.

Bashas' HealthStyles is a nine-month series of in-store clinics that are designed to keep Bashas' customers in touch with living healthy lifestyles. Our HealthStyles newsletter provides valuable tips and information to help you take better care of yourself and your family. You'll find information on preventative health screenings, flu shots, prescription medication programs, a Q&A section with our clinical pharmacist and much more. Our clinics are conducted from September through May in Bashas' stores throughout the Valley.