

### JEM Yoga & Massage

16 ½ N 1st Ave West | Duluth, MN 55802  
218.216.5620 | [www.jemduluth.com](http://www.jemduluth.com)

- ▶ WFC Owner Benefit: 10% Off a Yoga punch card or Massage, limit one per year. Not to be combined with any other offers or discounts.

### Juice Pharm

12 S 15th Ave East | Duluth, MN 55802  
218.606.1236 | [www.juice-pharm.com](http://www.juice-pharm.com)

- ▶ WFC Owner Benefit: 10% Off any purchase, not to be combined with any other offers or discounts.

### Lizzard's Art Gallery & Framing

11 West Superior Street | Duluth, MN 55802  
218.722.5815 | [www.lizzards.com](http://www.lizzards.com)

- ▶ WFC Owner Benefit: 15% Off any framing orders

### Luke Chiropractic & Wellness

916 Hammond Avenue | Superior, WI 54880  
715.392.2476 | [www.lukechiro.com](http://www.lukechiro.com)

- ▶ WFC Owner Benefit: Free exams for new patients and 20% Off your first purchase of products form our office.

### Master Framing Gallery on London Road

1431 London Road | Duluth, MN 55805  
218.728.4056 | [masterframinggallery@gmail.com](mailto:masterframinggallery@gmail.com)

- ▶ WFC Owner Benefit: 10% off any custom framing. Not to be combined with any other discount or offer. WFC Owner card must be presented at time of order to receive discount.

### Northwest Outlet

1814 Belknap Street | Superior, WI 54880  
715.392.9838 | [www.northwestoutlet.com](http://www.northwestoutlet.com)

- ▶ WFC Owner Benefit: 10% off all regular-priced Columbia, Northface and camping gear.

### Paula Williams - Certified Life Coach

218.428.2862 | [www.livethislifeonpurpose.com](http://www.livethislifeonpurpose.com)  
[paulajwilliams@gmail.com](mailto:paulajwilliams@gmail.com)

- ▶ WFC Owner Benefit: 4th Coaching Session is free. For new and returning clients. See website for more information.

### Pineapple Art Center & Supply

124 West 1st Street | Duluth, MN 55802  
218.722.2919 | [www.pineappleartscenter.com](http://www.pineappleartscenter.com)

- ▶ WFC Owner Benefit: 10% off all art supplies year-round (offer does not include consignment or classes).

### Playing with Yarn

276 Scenic Drive | Knife River, MN 55609  
218.834.5967 | [www.playingwithyarn.com](http://www.playingwithyarn.com)

- ▶ WFC Owner Benefit: All purchases can be applied to your Playing With Yarn card anytime, all year.

### Red Mug Coffeehouse

916 Hammond Avenue | Superior, WI 54880  
715.392.2662 | [www.redmugcoffee.com](http://www.redmugcoffee.com)

- ▶ WFC Owner Benefit: 50% off any Red Mug Salad with the purchase of one beverage. Dine in or take out.

### Rustic Inn Café & Gifts

2773 Highway 61 | Two Harbors, MN 55616  
218.834.2488 | [www.rusticinncafe.com](http://www.rusticinncafe.com)

- ▶ WFC Owner Benefit: 20% off total purchase. Excludes sale and clearance items.

### Saffron & Grey Couture Floral Design

2303 Woodland Avenue | Duluth, MN 55803  
218.728.1455 | [www.saffronandgrey.com](http://www.saffronandgrey.com)

- ▶ WFC Owner Benefit: \$25 off any event order of \$250 or more. \$5 off a floral/plant delivery of \$75 or more. Must present WFC Owner card.

### The SunSpot

Mobile rescue unit fighting vitamin D deficiency and winter blues.

218.728.1067 | [facebook.com/thesunspotduluth](https://facebook.com/thesunspotduluth)

- ▶ WFC Owner Benefit: 20% off each 30-minute light therapy session.

### Trailfitters

600 East Superior Street | Duluth, MN 55802  
218.722.6776 | [www.trailfittersduluth.com](http://www.trailfittersduluth.com)

- ▶ WFC Owner Benefit: 10% Off all regular priced, in-stock clothing or footwear.

### Tortoise & Hare Footwear

4002 Grand Ave | Duluth, MN 55807  
218.624.4840 | [www.tortoiseharefootwear.com](http://www.tortoiseharefootwear.com)

- ▶ WFC Owner Benefit: \$10 Off any purchase of \$100 or more. Must present Owner card at time of purchase.

### Yarn Harbor

4629 East Superior Street | Duluth, MN 55804  
218.724.6432 | [www.yarnharborduluth.com](http://www.yarnharborduluth.com)

- ▶ WFC Owner Benefit: Annual one-time 15% discount on yarn purchase. Not available with any other store sales.

### Zeitgeist Arts Café

222 East Superior Street | Duluth, MN 55802  
218.722.9100 | [www.zeitgeistartscafe.com](http://www.zeitgeistartscafe.com)

- ▶ WFC Owner Benefit: Receive a free order of fries with the purchase of an entrée.

### Zenith Bookstore

318 N. Central Avenue | Duluth, MN 55807  
218 606-1777 | [www.zenithbookstore.com](http://www.zenithbookstore.com)

- ▶ WFC Owner Benefit: 10% Off Your new book purchase!

### Zinema 2

222 East Superior Street | Duluth, MN 55802  
218.722.7300 | [www.zinema2.com](http://www.zinema2.com)

- ▶ WFC Owner Benefit: One free small popcorn with movie ticket purchase.

## WHOLE FOODS CO-OP

# Community Cooperation Program



This brochure was printed with soy ink on 100% post-consumer waste recycled paper at a local, green certified printer. Before recycling, please pass this brochure along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your co-op!

## HILLSIDE + DENFELD

610 East 4th Street  
Duluth, MN 55805

4426 Grand Avenue  
Duluth, MN 55807

[www.wholefoods.coop](http://www.wholefoods.coop)  
218.728.0884

[www.wholefoods.coop](http://www.wholefoods.coop)

WHOLE FOODS  
CO-OP



## COMMUNITY COOPERATION PROGRAM

### 2019 – 20 Edition

Benefits valid as listed July 1, 2019 – June 30, 2020.

### Your Community Cooperators

As a Whole Foods Co-op Owner, you can receive discounts at local businesses. Simply present your Co-op swipe card at participating businesses and receive the benefit listed here. Please note that some of the participating businesses also request that you mention your WFC Ownership when making appointments, so read the offers carefully.

#### A Place for Fido

600 East Superior Street | Duluth, MN 55802  
218.464.4484 | [www.aplaceforfido.com](http://www.aplaceforfido.com)

- ▶ WFC Owner Benefit: 5% Off purchase. Excludes food, special orders and custom work. Must present WFC Owner card to receive discount. Cannot be combined with any other offers or discounts

#### Amazing Grace

394 South Lake Avenue | Duluth, MN 55802  
218.724.3431 | [www.amazinggraceduluth.com](http://www.amazinggraceduluth.com)

- ▶ WFC Owner Benefit: 10% off beverages. Excludes alcohol. Limit one per customer per day.

#### Amazing Alonzo Inc. (Paperback Exchange)

1831 East Superior Street | Duluth, MN 55812  
218.724.3431 | Open 10 AM – 5 PM Tuesday – Saturday

- ▶ WFC Owner Benefit: 10% off your book purchase price.

#### Art in the Alley

230 East Superior Street | Duluth, MN 55802  
218.464.4822 | [www.artinthealley.com](http://www.artinthealley.com)

- ▶ WFC Owner Benefit: Free earrings (\$12.95 value) with any \$25 purchase.

#### Bent Paddle Brewing Co.

1912 West Michigan Street | Duluth, MN 55803  
218.279.2722 | [www.bentpaddlebrewing.com](http://www.bentpaddlebrewing.com)

- ▶ WFC Owner Benefit: One taproom beer size upgrade per visit (during regular taproom hours).

#### The Bookstore at Fitger's

600 East Superior Street | Duluth, MN 55802  
218.727.9077 | [www.fitgersbookstore.com](http://www.fitgersbookstore.com)

- ▶ WFC Owner Benefit: 10% off regular-priced items. Excludes candy and magazines.

#### Continental Ski & Bike

1305 East 1st Street | Duluth, MN 55805  
218.728.4466 | [info@continentalski.com](mailto:info@continentalski.com)

- ▶ WFC Owner Benefit: 10% off regular-priced merchandise (excluding bicycles). Not valid with any other offer, coupon or promotion.

#### Destination Fitness

4966 Rice Lake Road | Duluth, MN 55803  
218.260.6562 | [www.destinationfitnessmn.com](http://www.destinationfitnessmn.com)

- ▶ WFC Owner Benefit: 50% Off your first month's membership or 10% Off your first personal training package purchase. Valid for new customers only.

#### Daugherty Appliance Sales & Service

3931 West 1st Street | Duluth, MN 55807  
218.722.3925 | [www.daughertyappliance.com](http://www.daughertyappliance.com)

- ▶ WFC Owner Benefit: Free local delivery and hook-up of non built-in appliances \$399 or more. \$5 off any appliance service call.

#### Duluth Children's Museum

115 South 29th Avenue West | Duluth, MN 55806  
218.733.7543 | [www.playduluth.org](http://www.playduluth.org)

- ▶ WFC Owner Benefit: \$2 off daily admission rate. Offer good for up to 5 persons.

#### Duluth Huskies

101 N 35th Ave W | Duluth, MN 55807  
[www.northwoodsleague.com/duluth-huskies/](http://www.northwoodsleague.com/duluth-huskies/)

- ▶ WFC Owner Benefit: ½ price full admission tickets to all Huskies games.

#### Duluth Area Family YMCA

302 West First Street | Duluth, MN 55802  
218.722.4745 | [www.duluthymca.org](http://www.duluthymca.org)

- ▶ WFC Owner Benefit: One free week (seven consecutive calendar days) non-transferrable, one use per year.

#### Electric Fetus

12 East Superior Street | Duluth, MN 55802  
218.722.9970 | [www.electricfetus.com](http://www.electricfetus.com)

- ▶ WFC Owner Benefit: 10% off regular-priced items store-wide. Some restrictions apply.

#### Energy Works Myofascial Release

732 East 4th St, Suite C | Duluth, MN 55805  
218-464-2349 | [www.energyworksmfr.com](http://www.energyworksmfr.com)

- ▶ WFC Owner Benefit: \$25 off an Initial MFR Consultation. \$10 off a 30" Amethyst BioMat healing session.

#### Fitger's Wine Cellars

600 East Superior Street | Duluth, MN 55802  
218.733.0792 | [www.fitgerswinecellars.com](http://www.fitgerswinecellars.com)

- ▶ WFC Owner Benefit: 10% off organic wine.

#### Flora North

138 West 1st Street | Duluth, MN 55802  
218.279.3444 | [www.floranorthmn.com](http://www.floranorthmn.com)

- ▶ WFC Owner Benefit: \$5 off any purchase of \$25 or more. Not to be used with any other promotions, must present Owner card at time of purchase

#### Frost River Trading Co.

1910 West Superior Street | Duluth, MN 55806  
218.727.1472 | [www.frostriver.com](http://www.frostriver.com)

- ▶ WFC Owner Benefit: One free pound of coffee by Duluth Coffee Company with purchase of \$100 or more.

#### Grihastashrami Yoga

21 North 28th Avenue East | Duluth, MN 55812  
218.728.9942 | [www.grihastashrami.yoga](http://www.grihastashrami.yoga)

- ▶ WFC Owner Benefit: One free yoga class. Classes held at Pilgrim Congregational Church.

#### Hanabi Japanese Cuisine

110 North 1st Avenue West | Duluth, MN 55802  
218.464.4412 | [www.hanabimn.com](http://www.hanabimn.com)

- ▶ WFC Owner Benefit: 10% off your purchase. Not valid for lunch specials, happy hour, or alcohol.

#### Hawk Ridge Bird Observatory

PO Box 3006 | Duluth, MN 55803  
218.428.6209 | [www.hawkridge.org](http://www.hawkridge.org)

- ▶ WFC Owner Benefit: 20% off one Hawk Ridge membership at any level.

#### Healing Ways since 1983

1420 East 1st Street | Duluth, MN 55805  
218.724.9737 | 218-724-9737  
[carolyn.sheets@gmail.com](mailto:carolyn.sheets@gmail.com)

- ▶ WFC Owner Benefit: One Massage Session for \$65 (Good once annually per Owner). One hour Soulwork session for \$60. (Good for 3 sessions per year, per Owner).

#### Infinity Massage & Wellness

4897 Miller Trunk Highway, Suite 200  
Hermantown, MN 5581 | 218.341.8799  
[www.infinitymassageduluth.com](http://www.infinitymassageduluth.com)

- ▶ WFC Owner Benefit: 10% Off Any Service.

#### Jazzercise - Linda Herron

Duluth, MN 55812  
218.728.2843 | [www.jazzercise.com](http://www.jazzercise.com)

- ▶ WFC Owner Benefit: \$25 discount for first-time participants with registration for EFT pass. Valid for 8:30 AM classes Monday, Wednesday, Friday and Saturday.