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THE SHEAF STREET HEALTH STORE

Daventry's independent health store



Sheaf Street Health Store, 20 Sheaf Street, Daventry NN11 4AB

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Welcome to Sheaf Street Health Store.

If you haven't visited before please pop in- we are located in lovely historic Sheaf Street in Daventry. We would love to meet you, and introduce you to our range of healthy, organic and natural products and gifts.

Our friendly team of specialist and experienced advisors are on hand to signpost you to the right information and dietary programme.



Opening Times



Visit us in store 9am to 5pm Monday to Saturday.

We offer **FREE** Local Deliveries and 'Call and Collect' service:

You can send us a direct message through either Facebook or Instagram.

  @SheafStreetHealthStore

You can also email your orders to:
Dean@sheafstreethealthstore.com

Free public parking is widely available within Daventry Town Centre. Our nearest public car park is Newlands.





CLASSES UPSTAIRS@SHEAF STREET

We usually have a wide range of classes Upstairs at Sheaf Street Health Store, however, due to Covid-19, these have been greatly reduced.

Bee at One

Bee at one Children's Yoga

Saturday
09:15am - 10:15am
10:30am - 11:30am



Nikki
07715397247
beeatoneyoga@gmail.com

Chi Kung

The mother of Tai Chi

Monday
10:00am - 11:00am

Carole Justice Gray
07535 980007
carole@bowenbodies.co.uk
www.bowenbodies.co.uk

If you'd like to take part in any of the classes, please contact the instructor directly.

Are you a therapist, practitioner or fitness instructor looking to run a class? If so we would love to hear from you.

New Year New You

Joining in the Veganuary Challenge?

With Veganuary in full swing, aspiring vegans may be pleasantly surprised by the plant-based alternatives available to them right here in Daventry. Pop in to discover the wide select of dairy free and meat free alternatives to popular foods. Our experts are on hand to advise you on our range of Vegan Society approved supplements, and body care.



Don't forget to drop by the vegan café to enjoy a sensational latte made with a choice of dairy free milk.



New Year Simple Swaps for Sustainable Living

The sustainable products we stock can help you take small steps that add up to a significant distance. Not everyone is ready to leap straight into a totally zero-waste lifestyle, but it doesn't have to be a sprint to the finish-line. Make some easy swaps one room at a time.

Zero-waste Kitchen:

Take a look at our 'Eco Household range' for all your surfaces and washing up. For laundry we have a variety of options, from Refill detergent and fabric conditioners to Ecoeggs and Soapnuts (versatile all over the home).

There are some great natural alternatives to plastic for pan-scrubbers and surface wipes. We even have bamboo clothes pegs, which are more sustainable than wood and plastics.



Get a **FREE** entry into our Draw to win this fantastic hamper

Full of Sheaf Street Health Store goodies with every purchase made throughout January 2021. T&C's apply. For full T&C's, please visit our Facebook page @SheafStreetHealthStore

