

LIFE IS WHAT YOU MAKE IT  
MAKE IT HEALTHY

## FEBRUARY 2012 EVENTS AT GOOD FOODS GROCERY



### GOT BELLY FAT?

BY DR. KLINTON KRANSKI

6:30PM-8PM TUESDAY FEBRUARY 7, 2012 @ THE GAYTON CROSSING RESOURCE ROOM

It's not you, it's your hormones! Attend this FREE workshop to learn: The basic body shapes and how hormones block weight loss even if you are dieting and exercising; how the body's fat burning hormones get triggered; the biggest mistake people make with diet and exercise, and much more. Call (804) 897-0008 or e-mail [events@goodfoodsgrocery.com](mailto:events@goodfoodsgrocery.com) \* to register. Seating is limited.

### ♥ ♥ "VALENTINE'S DAY SPECIAL"- PARTNER MASSAGE CLASS ♥ ♥

BY CARYN MOORE, CERTIFIED MASSAGE THERAPIST

3PM - 6PM SUNDAY FEBRUARY 12, 2012 @ THE GAYTON CROSSING RESOURCE ROOM

This class is intended for the everyday person who wants to learn some basic massage techniques and routines to share with a loved one or a friend. Learn about the fundamentals of giving a massage in a fun and relaxed environment, for all levels of understanding. You will be taught how to give a massage using some basic strokes such as gliding, kneading, and other techniques. The class is taught by certified massage therapist & certified natural health professional, Caryn Moore. Please bring a towel or yoga mat and 3 pillows. Dress comfortably, wear shorts and tank top if possible. All natural oils and lotions will be provided. Savor the opportunity to experience this fun class at an affordable price! \*\*\*Registrants will be entered to win a 1hr. Reflexology Treatment (\$70 value)! **Cost: \$40/person or \$75/couple. Pre-registration required. Contact Caryn at (804) 868-8740 to register, or hear about other classes.**

### CREATIVE COOKING CLASS FOR CHILDREN

BY GRETA PRICE

1PM - 2:30 PM SATURDAY FEBRUARY 18, 2012 @ THE GAYTON CROSSING RESOURCE ROOM

Appropriate for children ages 4 - 8 years old. This class will teach your child new skills using healthy and nutritious recipes. Kids learn real lessons in science, math, language & creativity. This class encourages enthusiasm for healthy eating and family bonding time through cooking! Price per child is \$20 which includes a chef's hat and apron as well as follow up recipes. **RSVP to [events@goodfoodsgrocery.com](mailto:events@goodfoodsgrocery.com) \* or to Greta Price at [greta@healthylittlechef.com](mailto:greta@healthylittlechef.com) or call (804) 200-2947.**

### GFG STORE TOUR WITH

PRESENTED BY GOOD FOODS GROCERY

10AM - 11:30AM SATURDAY, FEBRUARY 18, 2012 WITH KEITH PERRY @ THE GAYTON CROSSING STORE

10AM - 11:30AM SATURDAY, FEBRUARY 25, 2012 WITH JENA HINTZE @ THE STONY POINT STORE

Are you wishing someone would just hold your hand and walk you through the store and highlight some of the features of our food so you can get started eating healthier? This class is for you. Our store managers will be giving a tour of the store, focusing on groceries, bulk & produce. They will highlight the best sellers, help you clue into things like "non-gmo" and "non-irradiated" and answer your questions. **E-mail [events@goodfoodsgrocery.com](mailto:events@goodfoodsgrocery.com) \* to register. Walk-ins also welcome.**

### HEALTH SCREENINGS

WORLD CHIROPRACTIC - DR. ANDREW LOMBARDOZZI

1PM -3PM TUESDAY FEBRUARY 21, 2012 @ GAYTON CROSSING STORE

Dr. Andrew Lombardozzi will be on hand to answer your questions and conduct a no-cost health screening. Using a state of the art technology, Dr. Lombardozzi will be able to detect nervous system dysfunction in the spine. **E-mail [events@goodfoodsgrocery.com](mailto:events@goodfoodsgrocery.com) \* to register. Walk-ins also welcome.**

### ADHD, DYSLEXIA AND AUTISM: WHAT TO DO ABOUT IT

DR. MARK SMITH FROM THE BRAIN BALANCE CENTER

7PM-9PM THURSDAY, FEBRUARY 23, 2012 @ GAYTON CROSSING STORE

7PM-9PM TUESDAY, FEBRUARY 28, 2012 @ GAYTON CROSSING STORE

Dr. Mark Smith, Executive Director of the Brain Balance Achievement Center of Richmond will be conducting a seminar for parents on the function of the brain in common childhood disorders such as ADHD and Autism. This seminar will touch on: Why this epidemic of brain based disorders, what is the cause and why it is real? How to figure out what is going on in your child's brain? What we do and how it works? What to do next? No charge for this lecture. **RSVP to [events@goodfoodsgrocery.com](mailto:events@goodfoodsgrocery.com) \* to register. Seating is limited.**

\*Please include your name, phone number and the number of people in your party when registering.

FOR THE MOST UP-TO DATE EVENTS, AND MORE DETAILS VISIT  
[WWW.GOODFOODSGROCERY.COM](http://WWW.GOODFOODSGROCERY.COM)

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**NATURAL THERAPIES FOR COMMON CHILDHOOD COMPLAINTS**

BY DR. CRAIG FASULLO, N.D. HAWTHORNE HEALING ARTS

11AM-12PM SATURDAY, FEBRUARY 25, 2012 @ GAYTON CROSSING STORE

Are you searching for an alternative approach to your child's healthcare? We welcome you to join naturopathic physician, Dr. Craig Fasullo for an informative discussion about safe and effective natural therapies of common childhood conditions, including ear infections and eczema, as well as how to promote well being and keep your family healthy through the winter season. Discover the power of natural medicine and take your family's health into your own hands!


Dr. Craig T. Fasullo is a naturopathic physician and graduate of Cornell University. He recently relocated his office from Washington state, where he was practicing as a primary care physician. He specializes in preventative medicine and natural pediatric care. **Cost is \$5 per person. E-mail events@goodfoodsgrocery.com \* to register.**

**THERMOGRAPHY: ALTERNATIVE TO MAMMOGRAPHY**

BY ELEINA HAYES ESPIGH, CCT INTRAMED HEALTH SOLUTIONS

11AM - 3PM SATURDAY FEBRUARY 25, 2012 @ THE RESOURCE ROOM GAYTON CROSSING

IntraMed Health Solutions offers a safe and earlier alternative to traditional mammography. Studies show that clinical thermography can detect the presence of breast cancer between five and ten years earlier than a mammogram. The procedure was approved by the FDA in 1983 and is a popular method of early breast cancer detection, reducing the need for biopsy by 20%. DITI is completely safe, noninvasive and free of radiation. The complete exam process takes approximately 15 minutes. Images are computer-analyzed and interpreted by a physician and results are returned in approximately 24 hours. Physician referral is not required. There is 25% discount special available to GFG customers. **More information available at www.intramedhs.com. Call (804) 454-4540 or email eleina@intramedhs.com \* for details and appointments.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FEBRUARY 2012</b>			1	2	3	4
5 Stores Closed	6	7 <b>Got Belly Fat?</b> Dr. Kranski 6:30PM-8PM @ GC ReSource Room	8	9	10	11
12 <b>Valentine Special: Partner Massage Class</b> 3PM - 6PM @ GC ReSource Room	13	14	15	16	17	18 <b>Healthy Little Chef</b> Greta Price 1PM - 2:30PM @ GC ReSource Room <b>Store Tour with GFG Manager</b> 10am-11am @ Gayton Crossing
19 Stores Closed	20	21 <b>Health Screenings</b> Dr. Andrew Lombardozzi 1pm - 3pm @ Gayton Store	22	23 <b>ADHD, Dyslexia &amp; Autism: What to do about it?</b> Dr. Mark Smith 7pm-8:30pm @ GC Store	24	25 <b>Natural Therapies for Common Childhood Conditions</b> 11am @ GC Store <b>Store Tour with GFG Manager</b> 10am-11am @ Stony Point <b>Thermography Screening</b> 11AM-3PM @ GC ReSource Room
26 Stores Closed	27	28 <b>ADHD, Dyslexia &amp; Autism: What to do about it?</b> Dr. Mark Smith 7pm-8:30 @ GC Store	29			