



WELLNESS WEDNESDAY

4PM-7PM WEDNESDAY SEPTEMBER 15, 2010 @ BOTH GOOD FOODS GROCERY STORES

Our spotlight on health continues with September's Wellness Wednesday. This month at our Stony Point store, tips on healthy eating from the "Queen of Health" herself, Tami Hulcher. And at our Gayton Crossing Store, World Chiropractic will be doing Health Screenings. In addition, both stores will have a couple of representative from our supplement lines, passing out samples and answering your questions about the benefits of supplements. Please join us for the festivities!

GOT BELLY FAT?

BY DR. KLINTON KRANSKI

6:30PM-8PM TUESDAY SEPTEMBER 7 @ 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 to make reservations, seating is limited.**

"LIVE PIZZA"

BY MIA WHITE, CHHC,

4 PM- 5:30 PM SATURDAY SEPTEMBER 11 @ THE GAYTON CROSSING RESOURCE ROOM

Want to learn how to bring raw foods into your everyday life? Want to experience how fast delicious food can be prepared? Do you think you will never be able to eat Pizza again? If you've had enough of having low energy, feeling overweight, nagging health issues, or feeling less than your best self, this class could be the thing that changes it all for you. *If not now, then when?* If you are ready to look better and feel better, lose weight, gain energy, and have a great day out among like minded people in a fun friendly environment with great tasting food. If it's YOUR time to improve your health, energy and spirit. **Call (804) 314-9015 or email rawmamia@comcast.net to register.** Please register early as space is limited. Class is \$25; includes recipes and samples.

BACK TO SCHOOL HEALTH & NUTRITION CHAT

BY TAMI HULCHER, CNC, CHE

6:45PM - 8PM TUESDAY SEPTEMBER 14, 2010 @ THE GC RESOURCE ROOM

There is a link between nutrition and learning; nutrition and behavior; nutrition and obesity; nutrition and disease. Come and learn the basics. What is really in the food your kids eat? What is in your food? What may be keeping you sick, overweight, and tired? Learn to read labels and avoid toxic, unhealthy foods that may disrupt your child's learning and behavior. Tami Hulcher has been providing nutrition assemblies in schools and for PTA's for years, sharing the importance of good nutrition. She was recently seen on Extra TV's Life changers with Dr. Mehmet Oz! **Call (804) 323-3222 or email tamihulcher@verizon.net to register.** Please register early as space is limited.

CREATIVE COOKING CLASS FOR CHILDREN

BY GRETA PRICE

11AM - 12:30 PM SATURDAY SEPTEMBER 18 @ THE RESOURCE ROOM GAYTON CROSSING

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 \$10.00. **RSVP to Greta Price at price_grt@yahoo.com or call (804) 200-2947.**