

all in
good taste



11am- 3pm Saturday
November 8, 2008

JOIN
Good Foods Grocery
IN CELEBRATING OUR
Annual Tasting Fair!



Stony Point & Gayton Crossing
Shopping Centers
www.goodfoodsgrocery.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Abdominal Massage for Couples and Singles Janet Moy Leong Yoga Instructor 11:30AM-2PM Resource Room @ Gayton Crossing
5 Closed	6	7 Free Public Seminar Dave Aungst Flora Representative 7PM-8:30PM Resource Room @ Gayton Crossing Nutritional Blood Analysis Terri McDowell 5:30PM-8:30PM Gayton Crossing	8	9 Got Health? Tami Hulcher 6:45PM-7:45PM Resource Room @ Gayton Crossing	10 Virginia Wellness Center 11AM-2PM Gayton Crossing	11 Kids Nutrition Lecture Tami Hulcher 9:30AM-11AM Resource Room @ Gayton Crossing Abdominal Massage for Couples and Singles Janet Moy Leong 11:30AM-2PM Resource Room
12 Closed	13 Headaches & Migraines Dr. Jim Holland 1PM-2PM Stony Point	14 Nutritional Blood Analysis Terri McDowell 5:30PM-8:30PM Gayton Crossing	15 Headaches & Migraines Dr. Jim Holland 1PM-2PM Gayton Crossing	16 Guide to Family Wellness Dr. Robert Berube 1PM-2:30PM Gayton Crossing Resource Room	17	18 Abdominal Massage for Couples and Singles Janet Moy Leong Yoga Instructor 11:30AM-2PM Resource Room @ Gayton Crossing
19 Closed	20 Nerve Screening Dr. Jim Holland 1PM-2PM Stony Point	21 Nutritional Blood Analysis Terri McDowell 5:30PM-8:30PM Gayton Crossing	22 Nerve Screening Dr. Jim Holland 1PM-2PM Gayton Crossing	23	24	25 Protein Assessments & Aqua Detoxing Tianya Clark & Denise Demery 9:30AM-2PM Gayton Crossing
26 Closed	27	28 Nutritional Blood Analysis Terri McDowell 5:30PM-8:30PM Gayton Crossing	29	30 100-Year Lifestyle Dr. Robert Berube 6:30PM-8PM Gayton Crossing Resource Room	31	