



February 2010 Events

1453 Roswell Road • Marietta • GA • 770-977-9583
www.lifegrocery.com

* Pre-registration is required for all paid events. Please contact instructor directly.

Thursday, 02/04/10
12-5 pm

Service: Chair Massage
David Fogg/770-380-8171
FEE: \$1.00 per minute

Thursday, 02/04/10
6:30-7:30 pm

Free Lecture & Food Demo:
Intro to Raw Food
Nutrition for Health &
Weight Loss

Jesse Andersen/770-606-0353

Friday, 02/05/10 • 12-5 pm

Service: Chair Massage
Charlie Moody, LMT
404-630-8795
FEE: \$1.00 per minute

Friday, 02/05/10 • 6-8 pm

Service: Foot Reflexology
Jim Essex/770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Saturday, 02/06/10
3:30-7:30 pm

Seminar and Food Prep: Growing
Indoor Greens and Sprouts
John Call/404-358-7020
www.livingfoodsclasses.com
FEE: \$60.00*

Sunday, 02/07/10 • 3-6 pm

Alive at Life Raw Food Potluck
Jesse Andersen
770-606-0353
Sign up at www.meetup.com

Monday, 02/08/10 • 1-2 pm

Service: Yoga Posture Prescription
Individualized for Your Situation
Dr. Todd Gibson/678-464-5900
FEE: \$10.00

Tuesday, 02/09/10 • 6-7 pm

Free Lecture & Food Demo
A Healthy Heart is a Happy Heart
Dr. Joe Esposito/770-427-7387

Tuesday, 02/10/10
6:30-9:30 pm

Food Prep: Mediterranean Delights
Raw Exist with Draya
Draya/770-882-5082 or
www.thedraya.com
FEE: \$25.00*

Thursday, 02/11/10 • 12-5 pm

Service: Chair Massage
David Fogg/770-380-8171
FEE: \$1.00 per minute

Thursday, 02/11/10
6:30-7:30 pm

Free Lecture & Food Demo:
Intro to Raw Food
Nutrition for Health &
Weight Loss
Jesse Andersen
770-606-0353

Friday, 02/12/10 • 12-5 pm

Service: Chair Massage
Charlie Moody, LMT
404-630-8795
FEE: \$1.00 per minute

Friday, 02/12/10 • 6-8 pm

Service: Foot Reflexology
Jim Essex/770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Saturday, 02/13/10 • 1-4 pm

Free Computerized
Bioenergetics Assessment
Dr. Roy Faber/770-345-6614
Sign up at customer service
to reserve your space

Saturday, 02/13/10
10 am-6 pm

Seminar and Food Prep:
Intro to Raw Food Nutrition
For Health and Weight Loss
Jesse Andersen
770-660-0353
FEE: \$275.00

Thursday, 02/18/10 • 12-5 pm

Service: Chair Massage
David Fogg
770-380-8171
FEE: \$1.00 per minute

Thursday, 02/18/10
6:30-7:30 pm

Free Lecture & Food Demo:
Intro to Raw Food
Nutrition for Health &
Weight Loss
Jesse Andersen
770-606-0353

Friday, 02/19/10 • 12-5 pm

Service: Chair Massage
Charlie Moody, LMT
404-630-8795
FEE: \$1.00 per minute

Friday, 02/19/10 • 6-8 pm

Service: Foot Reflexology
Jim Essex
770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Saturday, 02/20/10
3:30-7:30 pm

Seminar and Food Prep:
Living & Raw Food Basics
John Call
404-358-7020
www.livingfoodsclasses.com
FEE: \$75.00*

Monday, 02/22/10 · 1-2 pm
**Free Lecture: The Fats of Life
Big Fat Weight Loss, Lies and
the Skinny on Fat**
Dr. Todd Gibson
678-464-5900

Thursday, 02/25/10 · 12-5 pm
Service: Chair Massage
David Fogg
770-380-8171
FEE: \$1.00 per minute

Thursday, 02/25/10
6:30-7:30 pm
**Free Lecture & Food Demo:
Intro to Raw Food
Nutrition for Health &
Weight Loss**
Jesse Andersen
770-606-0353

Friday, 02/26/10 · 12-5 pm
Service: Chair Massage
Charlie Moody, LMT
404-630-8795
FEE: \$1.00 per minute

Friday, 02/26/10 · 6-8 pm
Service: Foot Reflexology
Jim Essex
770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Saturday, 02/27/10 · 1-4 pm
**Free Computerized
Bioenergetics Assessment**
Dr. Roy Faber
770-345-6614
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to reserve your space

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registration is
required for all
paid events.
Please contact
instructor
directly.*

Life Grocery & Café Spring Life Fest & Member Appreciation Day

Saturday, 3/20/10
12:00 pm to 4:00 pm

members receive

10% off
all in-stock
purchases
9am-8pm

*Enjoy free samples,
door prizes, alternative
health care practitioner
demonstrations, music,
and more!*