



Schedule of Events

The Real Food Campaign: Free Lecture

Thursday, November 19th at 8:00 p.m.

Amethyst Bio Mat Demonstration

Wednesday, December 2nd at 7:00 p.m.

How To Make A Winter Terrarium Workshop

Saturday, December 5th 11 a.m. - 3 p.m.

Let's Make a Loving Holiday: Free Lecture

Wednesday, December 9 at 6:30 p.m.

Holiday Customer Appreciation Day

Saturday, December 12th 11 a.m. – 3 p.m.

Immune System Health: Free Lecture

Wednesday, December 16th at 6:30p.m.

For full details on any of these free events visit

www.betterlifewholefoods.com

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