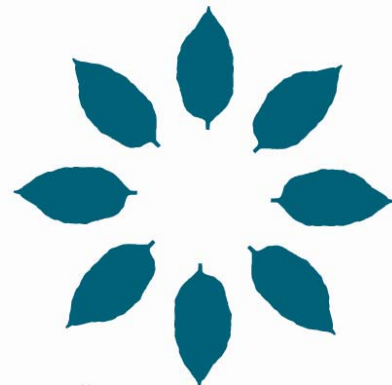


Butter is Better!

**FREE In-Store Talk
by Susan Dunlap, CHC
Wed. February 17th, 6:30-7:30pm**



- Confused about what fats and oils are good, bad or even ugly?
- Want to know which and how much fat to include in your diet?
- Need help deciphering the Omega 3, 6,7,9, saturated, polyunsaturated, ALA, MCT, CLA, EPA, DHA, EFA alphabet soup?



Rebecca's
NATURAL FOOD

**Barracks Rd. Shopping Center
M-F 9-8, Sat & Sun 10-6
434-977-1965
www.RebeccasNaturalFood.com**