



(Free & Open to Public – No Tickets Required)

# Brighter Day 40<sup>th</sup> Birthday!

Thursday, November 8 from 2-8 p.m.

Location: American Legion Next to Brighter Day

## Schedule of Events

**Additional 10% Off Everything in Store - All Day**

### All Afternoon

- Tunes of the Decades (Spontaneous dancing encouraged!) • Free Mini-Lectures
- Turkey Tasting • Giveaways & Gift Baskets • Samples & Demos • Community Organizations • B & G Local Honey with Active Beehive

### Companies with Samples & Demos

- Charlotte's Web/Stanley Brothers • Plus CBD Oil • Green Earth Medicinals (CBD) • Albert's Organics • Amazing Grass • Clear the Air Diffusers • Crofter's Organic Fruit Spreads • Gaia Herbs • Health –Ade Kombucha • Hemp Honey • Himalaya • Mountain Angel • Nature's Way • Nordic Naturals • NutriGold • Once Again Nut Butters • Source Naturals • Planetary Herbs • Rebel Green • Redd Remedies • Reliance (Brighter Day Brand) • Silverbiotics • Solaray • Terry Naturally
- Vibrant Health • Zand & more...

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# Schedule of Events Continued

## Event Area 1 (Stage) & Event Area 2 (Bar)

- 2:00 *Welcome* (Peter Brodhead & Pete Liakakis)
- 2:15-2:45 *The ABCs of Omega-3s: What You Need to Know About Omega-3* (Mimi Parnell, Health Matters)
- 2:45-3:15 *Brain Health: The End of Alzheimer's?* (Ray Fritsch, Medical Screening Services). Learn about latest research and join in the discussion. Handouts available.
- 3:15-3:45 *Got Pain?* (Bob Taylor)  
Learn about inflammation and pain, and product choices to support a healthy inflammatory response.
- 3:45-4:15 Experience *Qigong* (**Area TBA**)
- 4:15-5:00 *Kava Cocktails & Herbal Elixirs* – with Peter Brodhead (**Bar area**)
- 5-6:00 *CBD 101* (Doug Williams, Kudzu Natural)  
A discussion of CBD oil from agricultural hemp
- 6:00-7:00 *Happy Birthday Brighter Day!*  
Cutting Cake/Toasts - Memories of Brighter Day (from customers, reps, employees) - Closing words

## Event Area 3 (Corner of the Ballroom)

- 2:15-2:45 *How to Have the Life YOU Desire.* Carolyn Guilford, Nutritionist, Health & Wellness Coach (Health Restoration)
- 2:45-3:45 The Mushroom Hour  
*What's New in Mushrooms! Supporting the Health of Humans & the Environment* (Rob Kiser, C-Port Mushrooms)  
*Explore the Flavors of Mushrooms* (Jessie Trevett, Produce Mgr., Brighter Day)  
Tastings & a discussion on ways to use mushrooms as part of a healthy diet

(Note: The Ballroom is not wheelchair accessible – Be prepared for stairs)

**Be Ready to Have Fun!**

**912-236-4703**