



## Upcoming Events



Saturday, May 9<sup>th</sup> at 12:30 p.m. – “Sacred Bowls” with John Thorp, Certified Music Practitioner

Saturday's at 12:00 p.m. “Eight Laws of Health” Lecture Series with Mary Ellen Cox

6 & 7.) May 16<sup>th</sup> - Air & Rest

8.) May 23<sup>rd</sup> – Trust

Tuesday, May 12<sup>th</sup> at 6:30 p.m. - Free Water Test & Health Seminar “Alkalinize Your Body with Water”

Thursday May 14<sup>th</sup> – Mt. Holyoke Health Fair

Saturday, May 16<sup>th</sup> at 2:00 p.m. – “Self Defense” with Walt Lysak

Monday, May 18<sup>th</sup> at 4:40 p.m. – “Hatha Yoga” with TIHG Yoga Instructor Nitya

Wednesday, May 20<sup>th</sup> at 6:30 p.m. – “Beat the Sugar Blues” with Renee Hastings

Saturday, June 6<sup>th</sup> 1:30 – 3:30 p.m. **Celiac Support Group Meeting**

Saturday, June 20<sup>th</sup> **Better Life Open House**

**All of these events are free of charge.**

For more information on any of these events, or to register, please give us a call at 413.783.9424 or visit our website [www.betterlifewholefoods.com](http://www.betterlifewholefoods.com)

Or visit us at...



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