



# July 2008 Events

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

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

Tuesday, July 1

6-7pm

**FREE Lecture & Food Demo:**  
**Introduction to**  
**Raw Food Nutrition for**  
**Health & Weight Loss**  
Jesse Andersen  
770-606-0353

Friday, July 4

**Life Grocery & Café Life**  
**will be closed**

Saturday, July 5

12-6pm

**Voter Registration Drive**  
Stephanie David  
404-316-9058

Monday, July 7

10am-2pm

**FREE Chair Massage**  
**& Nutritional Consultation**  
Dr. Todd Gibson  
678-464-5900

Tuesday, July 8

5-6pm

**FREE Lecture & Food Demo:**  
**A Healthy Heart is a**  
**Happy Heart**  
Dr. Joe Esposito, D.C.  
706-473-4375

Tuesday, July 8

5-8pm

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

Wednesday, July 9

4-8pm

**Service: Reiki Therapy**  
Robert Plotzke/770-298-6611  
FEE: Love Offering

Friday, July 11

12-5pm

**Service: Chair Massage**  
Nisla Whetstone, LMT  
770-653-6017  
FEE: \$1.00 per minute

Friday, July 11

**Café Life will close at 6:30 pm**

Friday, July 11

7:30-9:30pm

**Lecture: Vibrant Aging**  
**Preventing & Reversing Disease**  
Dr. Brian Clement,  
World-Renowned Health Expert  
Director of The Hippocrates  
Health Institute, West Palm  
Beach, Florida  
770-977-9583  
Fee: \$15 in advance  
\$20 at the door

Saturday, July 12

9am-7pm

**Seminar & Food Preparation:**  
**Raw Food Nutrition for**  
**Health & Weight Loss**  
Jesse Andersen  
770-606-0353  
FEE: \$275\*

Saturday, July 12

12-6pm

**Voter Registration Drive**  
Stephanie David  
404-316-9058

Monday, July 14

10am-2pm

**FREE Chair Massage**  
**& Nutritional Consultation**  
Dr. Todd Gibson  
678-464-5900

Monday, July 14

6-7pm

**FREE Lecture & Food Demo:**  
**Introduction to**  
**Raw Food Nutrition for**  
**Health & Weight Loss**  
Jesse Andersen  
770-606-0353

Tuesday, July 15

6pm

**FREE Lecture & Food Demo:**  
**The Miracle of Sprouting**  
Traci and Kal Sellars  
706-473-4375

Tuesday, July 15

5-8pm

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

Wednesday, July 16

1-2pm

**FREE Lecture & Demo:**  
**Healing Art Jewelry**  
Teena Williams  
678-525-7239

Thursday, July 17

6pm

**FREE Lecture: Autism**  
**and Nutrition Connection**  
Dr. Joe Esposito and  
Nisla Whetstone  
770-427-7387  
store tour following lecture

Friday, July 18

12-5pm

**Service: Chair Massage**  
Nisla Whetstone, LMT  
770-653-6017  
FEE: \$1.00 per minute

Friday, July 18

1-2pm

**FREE Demo: Mystery Box Entree  
Chef Mike Makes an Entree  
from Ingredients Unknown  
to Him Prior to Demo**

Chef Mike Elsen  
678-595-8033

Saturday, July 19

11am-1pm

**Service: Healing Art  
Jewelry Class**

Teena Williams  
678-525-7239  
Fee: \$30.00

Monday, July 21

10am-2pm

**FREE Chair Massage  
& Nutritional Consultation**

Dr. Todd Gibson  
678-464-5900

Tuesday, July 22

6-7pm

**Seminar & Food  
Preparation:**

**Raw Food Nutrition for  
Health & Weight Loss**

Jesse Andersen  
770-606-0353  
FEE: \$275\*

Wednesday, July 23

5-8pm

**Service: Foot Reflexology**

Jim Essex  
770-552-4411  
FEE: \$15.00/20 minute session

Friday, July 25

12-5pm

**Service: Chair Massage**

Nisla Whetstone, LMT  
770-653-6017  
FEE: \$1.00 per minute

Friday, July 25

1-2pm

**FREE Lecture: A Healthy  
Heart is a Happy Heart**

Dr. Joe Esposito  
770-427-7387

Saturday, June 26

12-3pm

**Class 3 of a 4 Part Series:  
Various Cooking Methods  
Explored**

(last class of series: 8-23-08)  
Chef Mike Elsen  
678-595-8033  
FEE: \$60\* per class

Saturday, July 26

4:30-6:30pm

**Service: Intuitive Cooking  
Healing for Energy**

Sonali Sadequee  
678-596-1688  
Fee: \$15.00

Monday, July 28

10am-2pm

**FREE Chair Massage  
& Nutritional Consultation**

Dr. Todd Gibson  
678-464-5900

Tuesday, July 29

5-8pm

**Service: Foot Reflexology**

Jim Essex  
770-552-4411  
FEE: \$15.00/20 minute session

Thursday, July 31

6-8pm

**FREE Lecture:  
The Magic  
of Himalayan Crystal Salt  
and How It Enhances  
Your Life**

Dean Martins,  
Clinical Herbalist  
President and Founder of  
Herbs of Light, Inc.  
(800) 313-3001

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# Life Grocery & Café



## Fall Life Fest

**Saturday,  
9-27-08**

**12-4 pm**

**members receive**

**10%  
off**

**all  
in-stock  
purchases**

**9am-8pm**

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