



Upcoming Events and Seminars

Mother's Self Care

Monday, April 19th @ 6 p.m.

Celiac Support Group Meeting

Wednesday, April 28th @ 6 p.m.

Cook and Connect

Saturday, May 1st @ 10 a.m. and

Thursday, May 6th @ 12 p.m. & 6 p.m.

Celiac Awareness Day

Saturday, June 12th (Time to be announced)

Please call, e-mail, or visit the store to register for any of these free events.

Bicentennial Plaza

1500 Allen St.

Springfield, MA 01118

413.783.9424

www.betterlifewholefoods.com

Jocelyn@betterlifewholefoods.com