



## Schedule of Events

**The Autism Hope Action Plan**  
Wednesday, September 2<sup>nd</sup> @ 6:30 p.m.

**Eating For Energy**  
Wednesday, September 9<sup>th</sup> @ 6:30 p.m.

**Food Technology**  
Thursday, September 10<sup>th</sup> @ 8:00 p.m.

**Amethyst Bio Mat**  
Tuesday, September 15<sup>th</sup> @ 7 p.m.

**Reiki and Cancer**  
Wednesday, September 16<sup>th</sup> @ 6:30 p.m.

**Eating for Energy/Eating Locally Cooking Class**  
Saturday, September 19<sup>th</sup> @ 3:00 p.m.

**Food Technology**  
Thursday, September 24<sup>th</sup> @ 8:00 p.m.

**Cerebral Martial Arts**  
Saturday, September 26<sup>th</sup> @ 2:30 p.m.

**Celiac Support Group**  
Wednesday, September 30<sup>th</sup> @ 7:00 p.m.

For more info on any of these events visit our website  
[www.betterlifewholefoods.com](http://www.betterlifewholefoods.com)

Bicentennial Plaza  
1500 Allen St.  
Springfield, MA 01118  
413.783.9424  
[www.betterlifewholefoods.com](http://www.betterlifewholefoods.com)