

# April, 2009

## Anniversary Celebration & Organic Month

Licensed Nutritionist on Staff  
[www.nutritionsmart.com](http://www.nutritionsmart.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 How to Detox Safe and Effectively 7:00 p.m. Dr. Charlie Ware	2 Do you have Low Energy after Eating? 7:00 p.m. Dr. Aaron Chadwick	3	4 In Store Sampling 11:00 a.m. to 3:00 p.m.
5	6	7 <b>Spanish</b> Redefining the Aging Process 7:00 p.m. Dr. Venessa	8 Aging Well a Hormonal Balancing Act 7:00 p.m. Sally Byrd	9 Gluten Free Cooking Class 6:00 Pamela Nicosia	10	11 In Store Sampling 11:00 a.m. to 3:00 p.m.
12 <b>Happy Easter</b>  Store Open 10:00 to 4:00	13 S'Mart Women's Wellness 12:00 p.m. Corinne Becker, RN	14 "Be Among the Living" Raw Foods Class 7:00 p.m. Marsha Sims	15 "Menopause" 7:00 p.m. Corinne Becker, RN	16 Importance of Organic in a Healthy Diet 7:00 p.m. Dr. Aaron Chadwick	17	18 <b>14th Anniversary Celebration</b> 12:00 to 5:00 p.m.
19	20	21 How Juicing Helps Fight Disease 7:00 p.m. Nivia Binett-Carroll	22  Earth Day	23 Attaining and Maintaining a Healthy Lifestyle 7:00 p.m. Martin Dayton, MD	24	25 Integrative Approach to Common Childhood Illnesses 2:00 p.m. Linda Colon, MD
26	27	28 Holistic Mom's Network 7:00 p.m.	29 Autism Awareness 7:00 p.m. Dr. Caroline Girello	30 Introduction to Macrobiotics Gayle Stolove 7:00 p.m.	31	

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Monday through Saturday

9:00 a.m. to 9:00 p.m.

Sunday

10:00 a.m. to 7:00 p.m.

