



March 2010 Events

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

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

Friday, 03/05/10 · 12-5 pm

Service: Chair Massage

Charlie Moody, LMT

404-630-8795

FEE: \$1.00 per minute

Friday, 03/05/10 · 6-8 pm

Service: Foot Reflexology

Jim Essex/770-552-4411

FEE: \$15.00/20 minute session

Call Jim for an appointment

Saturday, 03/06/10 · 1-2 pm

Free Lecture: Chiropractic & How It Relates to Health Care

Dr. Dante Tew/ 770-485-0322

Saturday, 03/06/10

3:30-7:30 pm

Seminar and Food Prep:

Living Food Dehydrating and Fermenting Class

John Call/404-358-7030

www.livingfoodclasses.com

FEE: \$75.00*

Sunday, 03/07/10 · 3-5:00 pm

Alive at Life Raw Food Potluck

Jesse Andersen/770-606-0353

Sign up at www.meetup.com

Tuesday, 03/09/10 · 6-7 pm

Free Lecture & Food Demo

Managing Pain without Drugs

Dr. Joe Esposito/770-427-7387

Wednesday, 03/10/10 · 6:30 pm

Food Prep: Easy Being Green

Raw Exist with Draya

770-882-5082 or

www.thedraya.com

FEE: \$25.00

Thursday, 03/11/10

6:30-7:30 pm

Free Lecture & Food Demo:

Intro to Raw Food Nutrition

for Health & Weight Loss

Jesse Andersen/770-606-0353

Friday, 03/12/10 · 12-5 pm

Service: Chair Massage

Charlie Moody, LMT

404-630-8795

FEE: \$1.00 per minute

Friday, 03/12/10 · 6-8 pm

Service: Foot Reflexology

Jim Essex/770-552-4411

FEE: \$15.00/20 minute session

Call Jim for an appointment

Saturday, 03/13/10 · 10 am-6 pm

Seminar and Food Prep:

Intro to Raw Food Nutrition

for Health and Weight Loss

Jesse Andersen/770-660-0353

FEE: \$275.00

Saturday, 03/13/10 · 1-4 pm

Free Computerized

Bioenergetics Assessment

Dr. Roy Faber/770-345-6614

Sign up at customer service

to reserve your space

Thursday, 03/18/10 · 6:30-7:30 pm

Free Lecture & Food Demo:

Intro to Raw Food Nutrition

for Health & Weight Loss

Jesse Andersen/770-606-0353

Friday, 03/19/10 · 12-5 pm

Service: Chair Massage

Charlie Moody, LMT

404-630-8795

FEE: \$1.00 per minute

Friday, 03/19/10 · 6-8 pm

Service: Foot Reflexology

Jim Essex/770-552-4411

FEE: \$15.00/20 minute session

Call Jim for an appointment

Saturday, 03/20/10 · 12-4 pm

Spring Life Fest and

Member Appreciation Day

Members Receive 10% off

All In-Store Purchases 9 am-8 pm

Saturday, 03/20/10

3:30-7:30 pm

Service: Seminar and

Food Prep:

Growing Indoor Greens and Sprouts

John Call

404-358-7020

www.livingfoodclasses.com

FEE: \$60.00*

Sunday, 03/21/10 · 1-2 pm

Free Lecture: The Fats of Life

Big Fat Weight Loss,

Lies and the

Skinny on Fat

Dr. Todd Gibson

678-464-5900

Wednesday, 03/24/10 · 6:30 pm

Food Prep:

Feasting and

Fasting Foods

Raw Exist with Draya

770-882-5082

or www.thedraya.com

FEE: \$25.00

Thursday, 03/25/10

6:30-7:30 pm

Free Lecture & Food Demo:

Intro to Raw Food Nutrition

for Health & Weight Loss

Jesse Andersen

770-606-0353

Friday, 03/26/10 · 12-5 pm

Service: Chair Massage

Charlie Moody, LMT

404-630-8795

FEE: \$1.00 per minute

Friday, 03/26/10 · 6-8 pm

Service: Foot Reflexology

Jim Essex

770-552-4411

FEE: \$15.00/20 minute session

Call Jim for an appointment

Friday, 03/26/10

7 pm

Free Lecture:

**Introduction to
Ayurvedic Medicine
and Pulse Reading**

Vaidya Bharti Trivedi,
Doctor of Ayurvedic
Medicine

1.888.883.8332,

info@amritaveda.com,
or

www.AmritaVeda.com

Saturday, 03/27/10

10 am-3 pm

Service:

Pulse Readings*

Vaidya Bharti Trivedi,
Doctor of Ayurvedic
Medicine

*call 888-883-8332

or email

info@amritaveda.com

for fee information

Saturday, 03/27/10

1-4 pm

**Free Computerized
Bioenergetics
Assessment**

Dr. Roy Faber
770-345-6614

Sign up at customer
service to reserve
your space

Life Grocery & Café Spring Life Fest & Member Appreciation Day

Saturday, 3/20/10

12:00 pm to 4:00 pm

members receive

10% off

all in-stock purchases

9am-8pm

free samples,

door prizes,

alternative health care

practitioner

demonstrations,

music, and more!