


Licensed Nutritionist on Staff

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REMEMBERING THOSE WHO PAID THE "ULTIMATE PRICE" FOR LIBERTY CELEBRATING OUR MEN AND WOMEN IN UNIFORM			1	2	3	4 Sports Nutrition Day 12:00 to 4:00 P.M.
5	6 Labor Day Store Hours 9:00 A.M.—6:00 P.M.	7	8	9 Secrets to Aging Well Sally Byrd 6:30 P.M. Happy Rosh Hashanah	10	11 Thank You to our First Responders
12	13	14 Natural Cures to Common Ailments Charlie Ware, AP 7:00 P.M.	15 S'Mart Cooking Class Kabobs with Marinated Tempeh 6:30 P.M.	16 Bio Identical Hormone Replacement Therapy Patricia Peters, DO 6:30 P.M.	17	18  Yom Kippur
19	20	21 Balancing Female Hormones Naturally Aaron Chadwick, AP 7:00 P.M.	22 The Magic of Himalayan Crystal Salt Dean Martens 6:30 P.M.	23 Juicing Class Nivia Binnett-Carroll CHHP, OTR/L 6:30 P.M.	24	25
26	27	28	29	30		

www.nutritionismart.com



WE WILL NEVER FORGET YOU!!!