



# September 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.

Thursday, 9/2/10

6:30-7:30 pm

**Free Lecture & Shopping Tour:  
Intro to Raw Food Nutrition  
for Health & Weight Loss**  
Jesse Andersen/770-606-0353

Friday, 9/3/10 • 12-5 pm

**Chair Massage**

Charlie Moody, LMT  
404-630-8795  
FEE: \$1.00 per minute

Friday, 9/3/10 • 6-8 pm

**Foot Reflexology**

Jim Essex/770-552-4411  
FEE: \$15.00/20 minute session  
Call Jim for appointment

Saturday, 9/4/10 • 7:30-10 pm

**Saturday Salsa Night**

Music, Dancing, and Fun  
Draya/770-882-5082  
or www.thedraya.com  
FEE: \$5.00 at the door

Sunday, 9/5/10 • 11:30 am

**Full Moon Intention Meditation  
with Singing Crystal Bowls**

Draya/770-882-5082  
or www.thedraya.com  
(Minimum of four participants  
must register by 9/4/10 for  
meditation to take place)  
Sign up at customer service  
to reserve your space  
Love Offering

Sunday, 9/5/10 • 3-5 pm

**Alive at Life Raw Food Potluck**

Jesse Andersen  
770-606-0353  
Sign up at www.meetup.com

Monday, 9/6/10

**Life Grocery & Café Life  
Closed for Labor Day  
Reopens at regularly scheduled  
times Tuesday 9/7/10**

Tuesday, 9/7/10

6:30-7:30 pm

**Free Lecture: Headaches -  
End Your Suffering with  
Nutrition and Meditation**  
Dr. Todd Gibson  
678-464-5900

Wednesday, 9/8/2010 • 6:30 pm

**Food Prep Raw Exist**

Draya/770-882-5082 or  
www.thedraya.com  
FEE: \$25.00

Pre-registration required  
(Minimum of four participants  
must register by 9/7/10  
for class to take place)

Thursday, 9/9/10

6:30-7:30 pm

**Free Lecture & Shopping Tour:  
Intro to Raw Food Nutrition  
for Health & Weight Loss**  
Jesse Andersen  
770-606-0353

Friday, 9/10/10 • 12-5 pm

**Chair Massage**

Charlie Moody, LMT  
404-630-8795  
FEE: \$1.00 per minute

Friday, 9/10/10 • 6-8 pm

**Foot Reflexology**

Jim Essex/770-552-4411  
FEE: \$15.00/20 minute session  
Call Jim for appointment

Saturday, 9/11/10 • 1-4 pm

**Free Computerized  
Bioenergetic Assessment**

Dr. Roy Faber  
770-345-6614  
Sign up at customer service  
to reserve your space

Tuesday, 9/14/10 • 6-7 pm

**Free Lecture & Food Demo:  
Building a Healthy Immune  
System**

Dr. Joe Esposito  
770-427-7387

Thursday, 9/16/10

6:30-7:30 pm

**Free Lecture & Shopping Tour:  
Intro to Raw Food Nutrition  
for Health & Weight Loss**  
Jesse Andersen  
770-606-0353

Friday, 9/17/10 • 12-5 pm

**Chair Massage**

Charlie Moody, LMT  
404-630-8795  
FEE: \$1.00 per minute

Friday, 9/17/10 • 6-8 pm

**Foot Reflexology**

Jim Essex  
770-552-4411  
FEE: \$15.00/20 minute session  
Call Jim for appointment

Tuesday, 9/21/10

6:30-7:30 pm

**Free Lecture: Lower Back Pain  
End Your Suffering with  
Nutrition and Yoga Breathing**  
Dr. Todd Gibson  
678-464-5900

## September Events

Thursday, 9/23/10

6:30-7:30 pm

**Free Lecture & Shopping Tour:**

**Intro to Raw Food Nutrition  
for Health & Weight Loss**

Jesse Andersen

770-606-0353

Friday, 9/24/10 · 12-5 pm

**Chair Massage**

Charlie Moody, LMT

404-630-8795

FEE: \$1.00 per minute

Friday, 9/24/10 · 6-8 pm

**Foot Reflexology**

Jim Essex

770-552-4411

FEE: \$15.00/20 minute session

Call Jim for appointment

Wednesday, 9/29/10 · 6:30 pm

**Food Prep Raw Exist**

Draya/770-882-5082

or [www.thedraya.com](http://www.thedraya.com)

FEE: \$25.00

Pre-registration required

(Minimum of four participants

must register by 9/28/10

for class to take place)

Thursday, 9/30/10

6:30-7:30 pm

**Free Lecture & Shopping Tour:**

**Intro to Raw Food Nutrition  
for Health & Weight Loss**

Jesse Andersen

770-606-0353

*\* Pre-registration is  
required for all paid events.  
Please contact presenter  
directly. Some classes may  
be canceled if there  
is not sufficient  
pre-registration.*

# Life Grocery & Café Fall Life Fest & Member Appreciation Day

**Saturday, 10/2/10  
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!**