



July 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, 7/1/10 · 6:30-7:30 pm
Free Intro to Raw Food Nutrition for Health & Weight Loss
Jesse Andersen/770-606-0353

Friday, 7/2/10 · 12-5 pm
Chair Massage
Charlie Moody, LMT/404-630-8795
FEE: \$1.00 per minute

Friday, 7/2/10 · 6-8 pm
Foot Reflexology
Jim Essex/770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Friday, 7/3/10 · 12-1 pm
Free Lecture: Active Life Program for Health and Wellness
Einna Spa, LMT 770-977-8770

Sunday, 7/4/10 · 3-5 pm
Life Grocery & Café Life closed for Independence Day will reopen for regular hours on Monday 7/5/10

Thursday, 7/8/10
6:30-7:30 pm
Free Intro to Raw Food Nutrition for Health & Weight Loss
Jesse Andersen/770-606-0353

Friday, 7/9/10 · 12-5 pm
Chair Massage
Charlie Moody, LMT/404-630-8795
FEE: \$1.00 per minute

Friday, 7/9/10 · 6-8 pm
Foot Reflexology
Jim Essex/770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Friday, 7/9/10 · 7:30-10 pm
Friday Salsa Night
Music, Dancing, and Fun with the Synergy Sisters
Draya/770-882-5082 or
www.thedraya.com
FEE: \$5.00 at the door

Saturday, 7/10/10 · 10 am -6 pm
Seminar and Food Prep
Intro to Raw Food Nutrition for Health and Weight Loss
Jesse Andersen/770-606-0353
FEE \$275.00

Saturday, 7/10/10 · 1-4 pm
Free Computerized Bioenergetic Assessment
Dr. Roy Faber/770-345-6614
Sign up at customer service to reserve your space

Saturday, 7/10/10 · 4:30 pm
Children's Book Reading and Signing by Author Draya Sioux Wolf-Wilson
Draya 770-882-5082 or
www.thedraya.com

Sunday, 7/11/10 · 11:30-12:30 pm
Free Service: New Moon Empowerment Meditation
Draya/770-882-5082 or
www.thedraya.com
Sign up at customer service to reserve your space

Monday, 7/12/10 · 6:30 pm
Food Prep—Sauces for Kelp Noodles, Mashed Taters with Gravy and Sassy Nut Meats, & More
Raw Exist with Draya
770-882-5082 or www.thedraya.com
FEE: \$25.00 (minimum of four participants must register and pay by 7/10 required for class to take place). Call Draya to pre-register

Tuesday, 7/13/10 · 6-7 pm
Food, Hormones, and Emotion Connection
Dr. Joe Esposito/770-427-7387

Thursday, 7/15/10 · 12-2 pm
Free Chair Massage
Einna Spa, LMT/770-977-8770

Thursday, 7/15/10 · 6:30-7:30 pm
Free Intro to Raw Food Nutrition for Health & Weight Loss
Jesse Andersen/770-606-0353

Friday, 7/16/10 · 12-5 pm
Chair Massage
Charlie Moody, LMT/404-630-8795
FEE: \$1.00 per minute

Friday, 7/16/10 · 6-8 pm
Foot Reflexology
Jim Essex/770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Thursday, 7/22/10 · 12-2 pm
Free Chair Massage
Einna Spa, LMT/770-977-8770

Thursday, 7/22/10 · 6:30-7:30 pm
Free Intro to Raw Food Nutrition for Health & Weight Loss
Jesse Andersen/770-606-0353

Friday, 7/23/10 · 12-5 pm
Chair Massage
Charlie Moody, LMT/404-630-8795
FEE: \$1.00 per minute

Friday, 7/23/10 · 6-8 pm
Foot Reflexology
Jim Essex/770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Saturday, 7/24/10 · 11 am-5 pm
Seminar and Food Prep: 20 Recipes in Six Hours
Jesse Andersen/770-606-0353
FEE \$250.00

Saturday, 7/24/10 · 7:30-10 pm
Saturday Salsa Night
Music, Dancing, and Fun with the Synergy Sisters
Draya/770-882-5082 or
www.thedraya.com

Thursday, 7/29/10 · 12-2 pm
Free Chair Massage
Einna Spa, LMT/770-977-8770

Thursday, 7/29/10 · 6:30-7:30 pm
Free Lecture & Food Demo: Intro to Raw Food Nutrition for Health & Weight Loss
Jesse Andersen/770-606-0353

Friday, 7/30/10 · 12-5 pm
Chair Massage
Charlie Moody, LMT/404-630-8795
FEE: \$1.00 per minute

Friday, 7/30/10 · 6-8 pm
Foot Reflexology
Jim Essex/770-552-4411
FEE: \$15.00/20 minute session
Call Jim for appointment

Saturday, 7/31/10 · 1-4 pm
Free Computerized Bioenergetic Assessment
with Dr. Roy Faber
770-345-6614