



**Fletcher  
Valley  
Market**  
and Bakery

**Don't miss our THURSDAY** night Health Classes

5:30-6:30pm!

- **July 6**            **Dr. Christopher Weaver** – “ Applied Kinesiology Can Improve Your Life.”
- **July 27**           **Dr. Christopher Weaver** - "Chiropractic: Beyond Back Pain."
- **August 10**       **Katherine Gantt – Registered Dietician**
- **August 24**       **Bridget Sonne** – Plant based Butter & Herb Garlic Spread
- **September 7**   **Bridget Sonne** – Plant based whipped cream

