



**Fletcher
Valley
Market**
and Bakery

Don't miss our THURSDAY night Health Classes

5:30-6:30pm!

- **August 24** **Bridget Sonne** – Plant based Butter & Herb Garlic Spread
- **September 7** **Bridget Sonne** – Plant based whipped cream
- **September 21** **Susan Popiel** – Supporting Restful Sleep
- **October 5** **Susan Popiel**- Stress Relief Techniques

