



**Fletcher
Valley
Market**
and Bakery

Don't miss our THURSDAY night Health Classes

5:30-6:30pm!

- **March 30** **Bridget Sonne - Vegan Mozzarella & Parmesan**
- **April 13** **Dr. Kim - Stress Management**
- **April 27** **Kathryn Gantt, Registered Dietitian**
- **May 11** **Dr. Flechas - PQQ**
- **May 25** **Dr. Flechas – Creatine**

