



**Fletcher
Valley
Market**
and Bakery

Don't miss our THURSDAY night Health Classes

5:30-6:30pm!

- **May 25** **Dr. Flechas – Creatine**
- **June 8** **Bridget Sonne – Plant Based Ice-Cream**
- **June 22** **Emily Freeman, PT, MSPT – Total Motion Release**
- **July 6** **Dr. Christopher Weaver – "How Applied Kinesiology Can Improve Your Life."**
- **July 27** **Dr. Christopher Weaver – "Chiropractic: Beyond Back Pain."**

