

UPCOMING CLASSES FOR FALL:

Our Fall **Fair** classes will begin in **September**. We will be offering our signature class: **HEALTH IS FRAGILE~HANDLE WITH FOOD!**. Each date below we will be AT THE PUYALLUP FAIR in the teaching kitchen in the Pavilion, near the gold Gate, on the second floor where the quilts can be found. Our sessions **will begin at 6pm**. THESE CLASSES ARE FREE TO ALL FAIR-GOERS. We look forward to having you join us on one of these dates:

September 1, 3, 8, 13, 17, 20, and 22

In October we will be starting a new series **“WHAT THE BIBLE SAYS ABOUT HEALTHY LIVING”**. This will be a 6-week series. Each class is 1 hour long, allowing for Q & A within the hour. Our **start time is 7:30** and we will be holding the classes in the **Rody Teaching Kitchen** in the new Massage building. The dates for this 6-class series are (Thursdays)

Sept 27 and Oct 4, 11, 18, 25, Nov 1

The series will **cost \$40/person** and the classes are very much intertwined, however if you desire to take only one class the cost per class is \$10, if you should opt to not take the whole series. There will be samples in some classes.

To register --- Please call 360-477-1930 or send an email to csntsherry@gmail.com or fill out a registration form in either lobby at RODY CHIROPRACTIC, MASSAGE & HEALTH.



Any questions, Call 360-477-1930 or send us an email: csntsherry@gmail.com