

Rocky Mount Lifestyle Health Center & Natural Foods Store

350 Tanyard Rd., Rocky Mount, VA 24151 (540-483-7775)

Store Hours: Monday – Thursday, 10:00 AM – 6:00 PM

November 2017 EVENTS

Teachable Tuesdays! Times vary!

November 7th – 6:00 PM – No Charge **“Give Yourself the Gift of Being Smoke Free”**

In this live presentation you will learn the following:

Coping mechanisms to fight the urge to smoke!

What smoking REALLY does for you!

Are alternative forms of tobacco and electronic cigarettes safe?

Who is most successful in quitting and why?

How effective are medications in helping one to stop smoking?

Unearth a full proof way to stop smoking!

November 14th – Lunch & Learn – No Charge

“The NEWSTART Lifestyle – Air”

12:00 – 12:30 PM; 1:00 – 1:30 PM

Bring a sack lunch and join us for a 30-minute video presentation. Two showings! Learn one of the eight secrets to longevity – Air! The video presenter is Dr. Neil Nedley, a practicing physician in internal medicine with an emphasis in preventive medicine.

November 21st – 10:00 AM – No Charge **“Give Yourself the Gift of Being Smoke Free”**

In this live presentation you will learn the following:

Coping mechanisms to fight the urge to smoke!

What smoking REALLY does for you!

Are alternative forms of tobacco and electronic cigarettes safe?

Who is most successful in quitting and why?

How effective are medications in helping one to stop smoking?

Unearth a full proof way to stop smoking!

November 28th – Lunch & Learn – No Charge

“The NEWSTART Lifestyle – Air”

12:00 – 12:30 PM; 1:00 – 1:30 PM

Bring a sack lunch and join us for a 30-minute video presentation. Two showings! Learn one of the eight secrets to longevity – Air! The video presenter is Dr. Neil Nedley, a practicing physician in internal medicine with an emphasis in preventive medicine.

Online calendar of events: www.rockymountlife.com

Email: rockymountlife@gmail.com

