

*For your convenience*  
**Natural Foods Store**



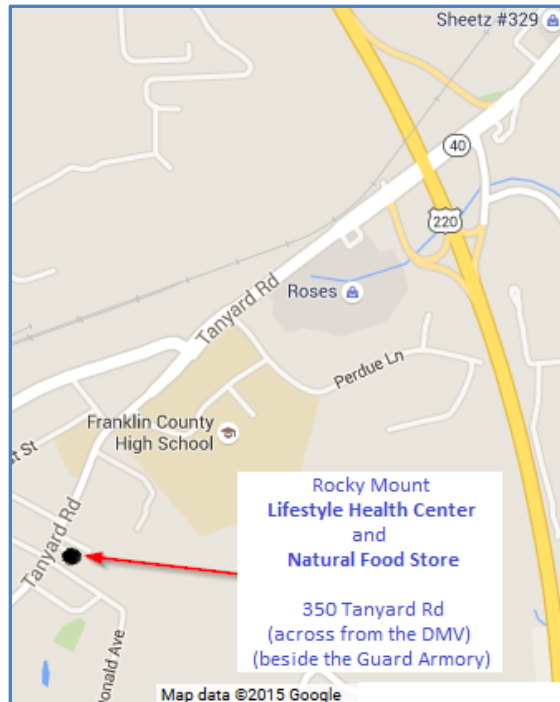
- Organic and Non-GMO Products
- Bulk Food Items
- Beans and Legumes
- Flour & Whole Grains
- Bread Options
- Dried Fruits
- Maple Syrup and Honey
- Nutritional Supplements
- Gluten-Free Products
- Essential Oils
- Seasonings
- Nuts & More

**Store Hours**

**Monday thru Thursday  
10 am – 6 pm**

**Closed on Fridays & Weekends**

**350 Tanyard Rd., Rocky Mount, VA**  
Located across from the Armory & DMV



For more information about our services or to schedule an event at your location, please call 540-483-7775 or email us at [RockyMountLife@gmail.com](mailto:RockyMountLife@gmail.com)

Check out our calendar of events at [www.RockyMountLife.com](http://www.RockyMountLife.com)



## **Rocky Mount Lifestyle Health Center & Natural Foods**

*“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2*

*Our mission is to help our community achieve the full potential of health and wellness intended by our benevolent Creator.*



### **Lifestyle Health Education Services include:**

Health Intervention Programs  
Wellness Classes  
Weight Loss Programs  
Diabetes Seminars  
Healthy Cooking Classes  
Natural Remedies Classes  
Spiritual Support Group



## LIFESTYLE EDUCATION

We're here to share practical health principles that will help you **take charge of your health** by making better lifestyle choices.

By implementing scientifically proven health fundamentals such as Rest, Exercise, Sunshine, Nutrition, and Water, you can positively impact your current health challenges and avoid the chronic diseases so prevalent today.



## HEALTH INTERVENTION PROGRAMS

For many, busy and often stressful lifestyles make it difficult to incorporate health-promoting habits into daily routines.

Learn how to prevent and reverse many risk factors connected with these chronic diseases:

- Diabetes
- Hypertension
- Heart Disease
- Kidney Disease
- Stroke
- Obesity and More



## LIFESTYLE CLASSES

- Preparation of natural foods in delicious, healthful ways
- Natural remedies such as herbal therapy, hydro therapy, massage and others
- Lectures and video presentations by practicing lifestyle health professionals
- Encompass the whole person – physically, mentally and spiritually

