



Wednesday, January 26 / 6-7 pm

AT THE FOOD CO-OP & ON ZOOM

For the Zoom link, email fxbgfoodcoop@gmail.com

Join us for an informative session led by Dr. Christine Thompson of Whole Health Solutions. She will provide an overview of how nutrition and specific nutrients are known to play a critical role in mental/emotional health and well-being. A Food Co-op owner/volunteer, Dr. Thompson has been practicing chiropractic and functional nutrition in Fredericksburg for 25 years.

CO-SPONSOR:



The National Alliance on Mental Illness is donating four \$25 Co-op gift cards for a drawing open to all participants.

320 Emancipation Hwy. / Fredericksburg, VA 22401

