Date: April 15, 2010

Time: 6-8PM

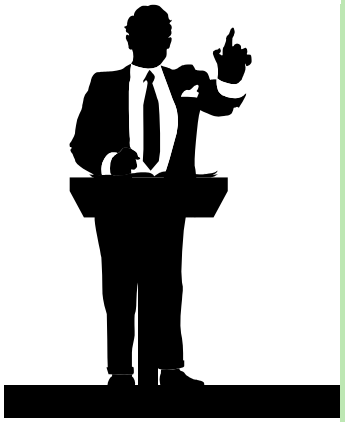
Place: *Abbey Village Clubhouse located in Charter Colony*

Address: *800 Abbey Village Circle, Midlothian VA 23114*

RSVP by: April 13, 2010

Contact: Brandi Friday
bfriday@stylecrafthomes.com

Door Prizes Given Every Half Hour!



Sponsored by:

StyleCraft HOMES

6225 Lakeside Avenue
Richmond, VA 23228
804.627.0000

A Night of Wellness

To Benefit the Central Virginia Food Bank

Come join us for a night of wellness and networking to benefit the Central Virginia Food Bank. Come listen to local professionals speak about health issues and support local business owners.

The following types of businesses will be represented: Chiropractor, Life Coach, Wellness Home Consultant, Martial Arts Gym, Personal Trainer, Yoga Instructor, Massage Therapist, Nutrition Counselor, Health Foods Representative, Eco Conscious Interior Designer.

Highlights

- Two Mini Lectures
  "*Functional Neurology: Secrets To A Better Brain, Better Health, & Better Life*" Dr. Mark Smith, DC, DABCN
  "*Bone Health*" Barb Satterwhite, R.N.
- Live Cooking Demo presented by WildTree Herbs
  Bring *your old herbs and spices to receive $1.00 towards new WildTree herbs and spices.*