



February/March 2018 Events— All are Welcome

Friday, February 2, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline, Fredericksburg, VA 22401. Stop by the new location of this wonderful gallery and get reacquainted with its unique appeal. Visit our co-op table and enjoy tasty treats.

Saturday, February 17, 3:00-5:00 pm, *Dirt! The Movie*, Unity Church, 2217 Princess Anne Street, Fredericksburg, VA. Join us for a free showing of this award-winning documentary. The film is a call to action: how can we promote a mutually beneficial relationship with soil?

Wednesday, February 28, 5:30-7:30 pm, *Plant Based Cooking Class*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg, VA 22401. Co-op members and Dr. Yum Project volunteers Wendy Cannon and Chrissy McDermott will share their passion for healthy food options and show how much fun it can be to prepare delicious healthy meals for kids and adults. Bring a vegan dish to the potluck or make a contribution to The Table, St. George's food pantry.

Friday, March 2, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline, Fredericksburg, VA 22401. Enjoy the beautiful art of this wonderful gallery. Visit our co-op table and enjoy tasty treats, and good conversation.

Monday, March 5, 7:00-8:30 pm, *Food as Medicine*, Downtown Library, 1201 Caroline, Fredericksburg, VA 22401. All are welcome to this "Spring Tune-Up" conducted by co-op member Liz Ritoli. Identify healthy remedies and take home a spring spice mix.

Saturday, March 10, 8:00am-2:30 pm, *Women's Forum*, James Monroe High School, 2300 Washington Avenue, Fredericksburg, VA 22401. Enjoy a day of networking and workshops on life skills, careers, health, fitness and parenting.

Thursday, March 22, 4:00-8:00 pm, Dr. Neil Barnard, *The New Nutritional Approach to Diabetes, Heart Health and Brain Health*, The Presbyterian Church, 810 Princess Anne Street, Fredericksburg, VA 22401. Register for this special free event with nationally renowned Dr. Barnard, president of the Physicians Committee for Responsible Medicine. Learn how diet can be immensely helpful in fostering good health. Call 540-741-1404 to register. Limited to 200 participants.

Wednesday, March 28, 5:30-7:30 pm, *Plant Based Cooking Class*, St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg, VA 22401. Enjoy an enlightening cooking demonstration by co-op member and Certified Whole Food Plant-based Chef Lynn Stine and her son Dr. Christopher Stine. Bring a vegan dish to the potluck or make a contribution to The Table, St. George's food pantry.

Saturday, March 31 8:30 am, *First Annual Co-op 5 K Walk or Run*, Old Mill Park, 2201 Caroline Street, Fredericksburg, VA 22401. No need to be a marathon walker or runner. All are welcome to participate in this fun community event. Register at www.fredericksburgfoodcoop.com/go-far-go-together-5k-race

