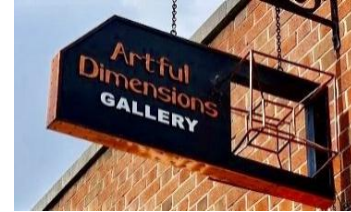




May 2018 Events -- All are Welcome

Friday, May 4, 6-8:30 pm, *First Friday*, Artful Dimensions, 922 Caroline Street, Fredericksburg, VA 22401. Enjoy the beautiful art of this wonderful gallery. Visit our co-op table for tasty treats and good conversation.



Saturday, May 5, 9:00 am - Noon, *Walk for Mental Wellness*, Maury Park, Corner of William Street and Kenmore Ave, Fredericksburg, VA 22401. We are proud to be a Gold Sponsor. Mental Health America of Fredericksburg provides services such as the HelpLine, Senior Visitors Program, Suicide Prevention Education and Support Groups. You may register for this Walk for Mental Wellness onsite or online at <http://mhafred.org/walk>. Tee shirt included with registration. Join us for live music, fun activities for kids, silent auction, food and prizes. One and three miles routes go through beautiful downtown Fredericksburg.



Saturday, May 5, 12, 19, 26, 7 am-2 pm, *Farmers Market*, Hurkamp Park, 500 William Street, Fredericksburg, VA 22401. We are excited to be part of our wonderful Farmers Market! The people are welcoming and friendly and the food is fresh and oh so delicious. Local just tastes better! And stop by our food co-op table while you're there! You'll make our day.



Saturday, May 12, *The Tiny House Movement – Film, Food and Discussion*, Unity of Fredericksburg, 2217 Princess Anne St. Suites 101-1A, Fredericksburg, VA 22401. Enjoy film, food and community as you learn about the tiny house movement and intentional living with less. Film followed by discussion with co-op member Brenda Mason, www.SmallerLivingHugeLife.com. All are welcome to this free and enjoyable community event.



Saturday May 19, 1:00-4:00 pm, *Fork it Over Festival*, Downtown Greens, Corner of Charles, Princess Anne and Dixon Streets, Fredericksburg, VA 22401. Live music, plant and garden sale, and wading pool for kids – all in this beautiful and relaxed garden setting. Come visit our co-op table. Let's have some fun at this free event.



Wednesday, May 23, 5:30 – 7:30 pm, *Plant-Based Cooking Class*, St. Georges Episcopal Church, 905 Princess Anne St. Fredericksburg, VA 22401. Join us as talented Chef Sharon Bivins, www.discoverhealthyu.com, shows how easy it is to turn a few simple ingredients into plant-based chick'n. Bring a vegan dish to the potluck or make a donation to The Table, the food pantry of St. Georges.



Plant-Based Cooking Class