



**Facebook:** [Facebook.com/FishersBetterForYou](https://www.facebook.com/FishersBetterForYou)  
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## ***Available Services:***

- **Health Advisors – FREE**

Our Better for You team is available to help you at the store with your personal needs, whether your diet is: gluten free, dairy free, vegetarian, vegan, organic, non-GMO, low glycemic, low sodium, soy free, etc. Our goal is to help you feel better! Our team will provide you with information that you can understand, the support that you need and practical ways that you can implement, while transitioning into a healthier lifestyle. Please feel free to come and see us, we are here just for you!

- **Medicinal Herbs and Supplements Consulting - FREE**

Our Certified Health Specialist and Professional Herbalist is here to teach you about natural ways to regain health, in accordance with the traditional human experience of thousands of years. These valuable plants and essential nutrients, which were laid down before us as a part of nature, are extremely powerful and can be very effective. Harsh and invasive methods can often be avoided, when we learn about the simple, natural methods to restore the body's balance. You will once again have control over your health. During the consultations, we will address the root cause of your health issues and discuss specific medicinal herbs, as we focus on your individual needs.

- **Informational Gatherings – FREE**

Join us for our free monthly educational gatherings, where you can learn how to take your health to the next level! In each gathering we focus on a different topic. Whether you are a beginner or an experienced "health nut", these gatherings will provide you with new, cutting edge information and a lot of support - both from the group and the Better for You team. We insist on promoting a true discussion during our meetings. We all can learn from each other's knowledge and experience. If all of this is not enough - we also often demo some delicious food, as an extra "food for thoughts"! \*

- **Adventure Between the Aisles – FREE**

Schedule a tour at the Better for You store! We will guide you between the Better for You shelves, packed full of delicious and nutritious unique products. We will tell you the secrets of health and show you the magic that accrues, naturally, by adding a few exciting new elements to your daily routine. You might imagine a gluten free hike, a low glycemic quest or a general health exploration. Let us know ahead what theme you are interested in, and we will customize your adventure accordingly. Whatever path you choose, you will ultimately leave our aisles smarter and empowered to start your own healthy journey right away. Bring your Garden Club, Boy or Girl Scouts, work group, class or family! We accept any group size.

- **In-Store Demos – FREE**

In-store demos occur throughout each month. Come and taste the Better for You food we prepared for you, while you grocery shop at the store! We will demonstrate creative and delicious ways to prepare nutritious food easily. We will introduce you to unique and healthy food items, which you may have never tried before! We will provide you with interesting quick facts and tips about the food that you would taste and we want to hear your opinion about it!

\* Our Monthly Gathering flyers can be found at the Better for You store. Like our Better for You Facebook page for the gatherings & demos schedule, tips, recipes and much more. Call or email us for more information or to schedule any of the above personal services.