

Contact:

Michael Faber or Robin Riley
Wild Oats Market
413-458-8060 voice
413-458-5047 fax
gm@wildoats.coop
marketing@wildoats.coop
www.wildoats.coop

FOR IMMEDIATE RELEASE:**Wild Oats Market to Hold Workshop on Heart Health on February 8, 6-7:30 pm**

Williamstown, MA, January 30, 2011. Wild Oats Market, a cooperatively owned market specializing in local and organic foods, observes American Heart Month by offering a free workshop on *Diet and Nutrition for a Healthy Heart* on Tuesday, February 8, from 6-7:30 pm in the Wild Oats café. The workshop will be presented by Dr. Francine Lajoie, founder of Living Well Chiropractic, a multi-therapy health center in North Adams.

Dr. Lajoie's talk will address heart-related health issues, including heart disease, high cholesterol and high blood pressure, and how these conditions can be controlled and improved through proper nutrition and whole food supplement support. There will be ample time for questions about individual concerns.

Dr. Lajoie started practicing chiropractic in 1997. She opened Living Well Chiropractic in North Adams in 2000 to offer the community an alternative to traditional allopathic medical facilities. Her practice offers a combination of therapies to help patients achieve their fullest health potential.

Celebrate American Heart Month at Wild Oats Market by learning how you can protect your heart's health naturally, using holistic practices and treatments. This workshop is free and open to all. Space is limited and preregistration is recommended. To register, please call (413) 458-8060 or email marketing@wildoats.coop.

Wild Oats Market is a member-owned, cooperative-based whole foods market specializing in local and organic products. One need not be a member to shop at Wild Oats, although membership offers several benefits. The market carries a wide selection of organic and naturally-made products, including: meats, eggs, dairy products, fruits, vegetables, breads, pastas, oils, cereals, juices and chocolate. In addition, the store offers a hot foods bar, a fresh grab-and-go deli, and breads, rolls and pastries freshly baked on-site. Wild Oats Market also carries natural supplements and personal care products, as well as environmentally-friendly household supplies. The co-op is located at 320 Main Street in Williamstown.
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