

CALENDAR OF EVENTS

WEDNESDAY, OCTOBER 2

8th Annual FDHA Health Summit – 9am-1:30pm. Theme: Mind Matters Too. Purpose is to build a healthy community by sharing resources and solutions through various workshops, a luncheon and wellness screenings. Free. Hyatt Regency Hotel, 265 Peachtree St NE, Atlanta. Tinyurl.com/y2tuw5gj.

FRIDAY, OCTOBER 4

The Atlanta International Night Market – Oct 4-6. Celebrate good food, exciting performances, and most importantly cultural diversity. North Point Mall, Alpharetta. AtlNightMarket.org.

Sustainable Atlanta Roundtable – 7:30-9am. Topic: Corporate Social Responsibility: Perspectives from Our Region. Southface Institute, 241 Pine St NE, Atlanta. Southface.org.

SATURDAY, OCTOBER 5

Intuitive Development – Oct 5-6. This workshop with Janet Raftis, Scott Hall and Lea Morgan takes you into the heart of your connection to Spirit, combining intuitive development with channeling, mediumship and connection to your Spirit guides. Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. WithLoveAndLight.com. bit.ly/Intuitive-Development.

3rd Annual Joan P. Garner Walk & Health Fair – 9am-1pm. All ages. Includes health screenings and information, warm-up activities, and much more for the whole family. Free. Washington Park, 1125 Lena St NW, Atlanta. Tinyurl.com/y4kuw2nm.

Plant. Eat. Repeat. Fall Workshop Series 2019 – 10am. Whether you're a novice or a gardening pro, come prepared to learn from experts who will provide hands-on teaching and demonstrations. Parkview Community Garden, 353 Wilkinson Dr SE, Atlanta. ParkPride.org.

Workshop: Raising Funds for Your Park – 10am-12pm. Allison Barnett, Park Pride's Associate Director, will share with you successful methods and case studies and ideas for how to adapt these tactics to fit your own needs. \$5/person. N.H. Scott Recreation Center, 2230 Tilson Rd, Decatur. 470-371-7330. ParkPride.org.

Gun Show – 6-10pm. A creative public discourse to "Make America Safe Again." Dialogue, socialize, paint and showcase our art and send it to the White House. Non-partisan; no art skills needs; judgment free; all ages. Healium Center, 344 Candler Park Dr, Atlanta. ArtOfTheHeal.org.

SUNDAY, OCTOBER 6

Bike & Brew with REI – 8am-2pm. Join the Georgia Conservancy and REI's Outdoor School's Mountain Biking Instructors for a morning of trail riding at the Chattahoochee River National Recreation Area's Cochran Shoals Unit followed by a trip to SweetWater Brewing Company. More info: GeorgiaConservancy.org.

Three Faces of the Healing Goddess Workshop – 2-6pm. With Mandara Cromwell and Kate Holland. Be introduced to the relatively new science of cymatics—making sound visible, along with many other mystical techniques that are now on the forefront with advanced sound technology. \$25. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

Pause to emPower – 4:30-6pm. With Deborah Garrard. A conversation for interfaith leaders around the topics of food and faith, wellness and wholeness. Free. The Gathering Room, Lutheran Church of the Resurrection, 4814 Paper Mill Rd SE, Atlanta. RSVP: Bit.ly/PauseToemPOWER.

MONDAY, OCTOBER 7

Living Foods Institute Healthy Lifestyle Programs – Oct 7-21. 9am-4pm. 1-, 5-, 10-, 15- & 30-day programs as well as 5 Super Detox Day options available. Hands-on training in the raw and living foods recipe preparation, emotional and mental healing, cleansing and detoxification and more. Fee according to package selected; some scholarships available. Living Foods Institute, 1700 Commerce Dr, Atlanta. 404-524-4488. LivingFoodsInstitute.com.

TUESDAY, OCTOBER 8

Matriarchy & the Moon: Luna 101 – 7-8pm. With Jaia Devi. Workshop is a remembrance of our traditional matriarchal ways. Come prepared to re-awaken intrinsic knowledge as you are guided on an exploration of lunar and matrilineal traditions around the globe. \$30; \$40 including a 1-oz lunar medicine. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

THURSDAY, OCTOBER 10

Transmission Meditation – 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free. Phoenix & Dragon Annex, Clifford Steele Building, 5505 Roswell Rd, Atlanta. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

FRIDAY, OCTOBER 11

Lumisummit 2019 – Oct 11-13. Three enlightening days of amazing speakers, meditation, sound healing, channeling, kundalini yoga and you. Hosted by Jamie Butler. Speakers include Leigh Mallis, Peter Lombardi, Ashley Jones, Lori Hayes, Dr. Julia Spinolo, Danielle Hall, more. Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. WithLoveAndLight.com. bit.ly/LumiSummit.

SATURDAY, OCTOBER 12

Taste of BBQ Festival – 10am-6pm. A family-friendly event (formerly Alive Festival) featuring tasty BBQ bites, local vendors, artist market, live music, food and a Family Fun Zone. A fundraiser for Project Green. Free admission & parking. Suwanee Town Center Park, 330 Town Center Avenue, Suwanee. AliveeExpo.com.

Fall Farm Days at Smith Plantation – 11am-3pm. Features artisan exhibits and demonstrations of life on a 19th-century farm. Free activities provided by Roswell Garden Club including handmade birdfeeders, crafts, scavenger hunt, floral arranging, petting zoo with farm animals, wagon rides and more. 935 Alpharetta St, Roswell. 770-641-3978. Roswellgov.com.

SUNDAY, OCTOBER 13

Me, My Health, & I: Interactive Wellness Fair – 12-4pm. For the entire family. Features a vendor market, live demonstrations and speaker sessions Free admission. Pittman Community Center, 950 Garibaldi St SW, Atlanta. Tinyurl.com/y3y47tqv.

THURSDAY, OCTOBER 17

Healing Night with The Love and Light Institute – 6:45-8:30pm. Varied healing modalities and practitioners will be represented and offered to participants in 15-min mini-sessions. Guests will see up to 3 healers and have an opportunity to connect with other guests. Center for Love and Light, 1145 Zonolite Rd, Ste 10, Atlanta. WithLoveAndLight.com.

SATURDAY, OCTOBER 19

Pawfest – 10am-4pm. A dog-gone good time for the whole family. Free admission. Praise Community Church, 329 Grayson Hwy, Lawrenceville. GwinnettHumane.wixsite.com/pawfest.

A Message of Hope – 2pm. In chaotic times, we long for messages of hope. See a video presentation featuring the late Benjamin Creme as he reveals the most momentous event in human history, unfolding right now. Share International USA Southeast Region. Free. Toco Hill-Avis G. Williams Library, 1282 McConnell Dr, Decatur. 404-680-7423. Share-International.us/se/upcoming_events.

You Have The Write To Heal – Oct 19 & 26. 2:30-5:30pm. Learn how much of your dis-ease can be relieved with the power writing. Join award-winning author and coach, Kim Green, for writing, sharing and writing your way to wellness. Decatur Healing Arts, 619-B E College Ave, Decatur. 404-378-6288. Registration: DecaturHealingArts.com/events.

SUNDAY, OCTOBER 20

Raw & Living Foods Banquet Feast & Graduation Party – 3:30pm. Delicious organic raw and living foods buffet and testimonies from students who have completed the Healthy Lifestyle Course. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. For reservations: 404-524-4488. LivingFoodsInstitute.com.

MONDAY, OCTOBER 21

Raw & Living Foods Educational Seminar & Recipe Demonstration – 7pm. Learn how to reverse and slow aging, heal disease, increase energy, reach ideal weight and more. Enjoy recipe demo and taste delicious recipes. Get all your questions answered. Open to the public. \$5-\$10 donation appreciated. Living Foods Institute, 1700 Commerce Dr, Atlanta. Call & leave name & number in your party for reservations: 404-524-4488. LivingFoodsInstitute.com.

WEDNESDAY, OCTOBER 23

Transmission Meditation – 7:30pm. A dynamic process that serves the world and is a hothouse of spiritual growth for participants. Sponsored by Share International USA Southeast Region. Free. Friends House, 701 W Howard Ave, Decatur. 404-680-7423. Info-se@share-international.us. Share-International.us/se/upcoming_events.

THURSDAY, OCTOBER 24

The Nature Club Dine and Discover – 7-9pm. Learn all about bats with certified interpretive guide and bat enthusiast, Jenna Ellett. \$10/general public, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. 770-992-2055. More info: ChattNatureCenter.org.

SATURDAY, OCTOBER 26

Faerie House Making – 10am-12pm. With Candace Apple. Entice the faeries into your world with a mystical, magical faerie cottage created from gourds, mosses, fungi, twigs, nuts and dried flowers. \$35; supplies included. Phoenix & Dragon Bookstore, 5531 Roswell Rd NE, Atlanta. 404-255-5207. PhoenixAndDragon.com.

Holistic Wellness Fair – Oct 26-27. 10am-5pm, Sat; 12-5pm, Sun. Renew, refresh and rejuvenate. Features merchandise, health services, readings, food and more. Free admission. Unity North Atlanta Church, Holy Grounds Cafe, 4255 Sandy Plains Rd, Marietta. Tinyurl.com/y5vkvwth.

Reiki Training Level I – 10am-4:30pm. Level 1 training will get you started with this life-changing tool. Learn how to bring harmony and joy into your life and the life of your family members, friends and pets. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.

Yellow River Paddle – 1pm. Join the Georgia Conservancy and the Yellow River Water Trail for a peaceful 7-mile flat-water paddle on the Yellow River as it rambles through Newton County. More info: GeorgiaConservancy.org.

MONDAY, OCTOBER 28

Detoxifying Thai Herbal Massage – 10am-2pm. Observe, learn and practice the art of massage with traditional the Thai Herbal Ball (herbal medicinal poultice) and how to perform a detoxifying hydrotherapy treatment using a portable steam unit. Heal Center Atlanta, 270 Carpenter Dr, Ste 500, Sandy Springs. 404-307-0004. HealCenterAtlanta.com.