

CATCH A HEALTHY HABIT CAFÉ

M,W-Sat 11-7pm Tues 3-10pm Sun 12-7pm

*** NEW FALL HOURS START 9/2**

Mon, Wed 10-6 Tue 10-9 Sat 11-7 Sun 12-7

The Hub For Raw Food in Ct!

Glen Colello (203)521-7648 catchahealthyhabit@yahoo.com

Good Food – Good People – Good Times Get Exposed – Learn LIVE!

www.catchahealthyhabitcafe.blogspot.com for more about the documentary's /Menu /Hours...

WHEN	WHAT	WHERE/WHEN	CONTACT	FEE
Every Tues 7pm	OPEN MIC NIGHT music spoken word poetry	Catch A Healthy Habit Café Starts at 7pm	Glen Colello 203 521-7648 catchahealthyhabit@yahoo.com	No fee
Wed. 8/27	Raw Food Prep Class CHOCOLATE MAKING!	Catch A Healthy Habit Café Starts at 6:30pm	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	\$25
Thur 8/28	POT LUCK on THE FARM www.sticksandstonesfarm.com	STICKS AND STONES FARM 6:30 in Newtown Ct	203-270-8820 201 Huntingtown Road, Newtown, CT 06470	Free Bring a Raw dish that serves 6-8 and serving utensils
Wed 9/3	DAVID WOLFE Live on SUPERFOODS!	tba	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	free
Wed 9/10	Raw Food Prep Class	Catch A Healthy Habit Café Starts at 6:30pm	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	\$25
Thur 9/11	SUPERFOOD EXTRAVAGANZA PARTY & SOCIAL! Tasting Prep Q & A	Rosie Haas 5 Scofield Pl Norwalk 06855	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com or Rosie Haas naturalneighbor@aol.com	free
Sun 9/14	Pot Luck & Documentary 5:00 dinner 7pm Documentary screening "SIMPLY RAW" Reversing Diabetes in 30 Days www.rawfor30days.com	Catch A Healthy Habit Café	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	Bring a raw or cooked dish for 6-8
Sat 9/20	LIVE MUSIC BLOW OUT!!! two bands scheduled so far!!!!!! HYPASPACE & SANDAL MACHINE FOOT!!	TBA Catch A Healthy Habit Café	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	
Thur 9/25	POT LUCK on THE FARM www.sticksandstonesfarm.com	STICKS AND STONES FARM 6:30 in Newtown Ct	203-270-8820 201 Huntingtown Road, Newtown, CT 06470	Free Bring a Raw dish that serves 6-8 and serving utensils
Sat 10/11	Murder Mystery Party sponsored by Look at Me Now Wellness Center! www.lookatmenow22.com	Catch A Healthy Habit Café / Look At Me Now Wellness Center	Lori 203 933-2200 lookatmenow22@yahoo.com	\$20 pre registration only
Sun 10/12	SUPERFOOD EXTRAVAGANZA POTLUCK PARTY & SOCIAL + Glen & Kevin Gianni from www.renegadehealth.com on the POWER OF SUPERFOODS!	5:00 Pot Luck 6:30 Presentation/Partry Prep + Tasting	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	Free: Bring a Raw dish that serves 6-8 and serving utensils
Sat 10/18	THE RAW FOOD DOCTORS One Day Workshop www.rawfooddoctors.com	Catch A Healthy Habit Café 9am-5pm	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	\$105 until October 1 st \$120 after PAYPAL Space will be limited
Thur10/30	POT LUCK on THE FARM www.sticksandstonesfarm.com	STICKS AND STONES FARM	203-270-8820 201 Huntingtown Road, Newtown, CT	Free Bring a Raw dish that serves 6-8

		6:30 in Newtown Ct	06470	and serving utensils
Fri 10/31	Something Rawking will be scheduled! Stay Tuned!!!!		GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	
Sat 12/6	THE SPROUT MAN www.sproutman.com (tentative)	Catch A Healthy Habit Café 6pm	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	Reg at the Café \$10 cash/ck Pay Pal \$12 at the door \$15
April 2009 tba	Dr.Brian Clement Director of Hippocrates Health Inst. date TBA	Catch A Healthy Habit Café tba	GlenColello 203 521-7648 catchahealthyhabit@yahoo.com	tba