

## HEALTH AND WELLNESS

### Holistic Health and Wellness Coaching

with Noelle Armstrong

Take charge of what you bring into your body. Learn how to nourish yourself in all ways for energy and vitality. Throw away your "fat pants!" Call for your complimentary first session!

### Nutritional Microscopy

with Mike Costa

See what your red blood cells and white blood cells look like, how they are acting and learn how they are supposed to look and act. Mike evaluates your blood, teaches you about it, and tells you what you can do to remedy what's going on! You also receive a detailed follow up report. **90 minute appointment** .....**Call For Details**

### Supplements:

Energize your life and revitalize your health with our supplements from Synergy and other great companies!

## INSPIRING WORKSHOPS AND EVENTS

### Topics such as:

Yoga  
Health and Wellness  
Spirit Communication  
Angels  
Writing  
Reiki  
Chakras and Auras  
Manifesting and the Law of Attraction  
Feng Shui  
Parenting

### From well-known and respected presenters such as:

- Maureen Hancock
- Karen Paolino
- Rose Ewas
- Noelle Armstrong
- Mark Mincolla
- ...and more!

Visit website for details: [www.upliftingconnections.com](http://www.upliftingconnections.com)

**Our goal:** to increase positive energy in the world - to help people feel healthy, happy, strong, and centered with more balance in their lives.

Join our Email Newsletter list and Frequent Buyer's Club!

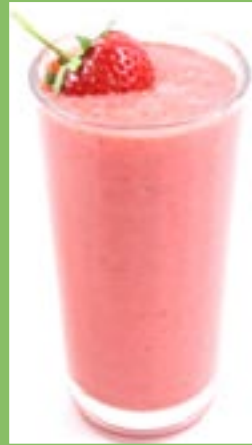
We believe in taking care of the earth. We serve our cold drinks in greenware – made from corn and 100% biodegradable. Wherever possible, our products are recycled and made with sustainable business practices.



Printed on 30% Recycled Green Certified Paper



Cafe ~ Books & Gifts ~ Healing Arts ~ Inspiring Workshops



**1355 Pleasant Street**

**Route 104** Just off exit 15 of route 24 across from Emma's Pub

**Bridgewater, MA 02324**

**Phone: 508-697-2334**

[www.upliftingconnections.com](http://www.upliftingconnections.com)

Hours: Monday Closed - Tuesday, Thursday, Friday 7-6

Wednesday 7-8:30 - Saturday 8-6 - Sunday 11-5

## CAFE

A healthy body creates energy to live life to the fullest!  
Come indulge in some healthy comfort food in our uplifting café.

Our fabulous smoothies will keep you coming back for more –  
and they can pack a powerful punch of nutrients with our power shots  
(like whey or soy protein, multivitamins, and much more).

## MENU

**Soups** (fresh and natural from Hale and Hearty) ..... sm. 3.75 lg. 4.95  
**Caesar Salad** ..... 4.75  
**with Grilled Chicken** ..... 6.25  
**Tomato, Mozzarella, and Pesto**..... 5.25  
**Peanut Butter, Honey, and Banana** ..... 3.25  
**Grilled Cheese and Tomato** ..... 3.75  
**Turkey or Ham and Cheese** ..... 5.25  
**Hummus, Taboule, Roasted Red Pepper Roll up** ..... 5.75  
**Calzones fresh from Sugar Plum Bakery:** Spinach and Feta, Steak and Cheese, Italian  
**Quiche fresh from Sugar Plum Bakery:** Lorraine, Broccoli  
**Yogurt Parfait** (with banana and fresh baked granola)

## PRETZELS

**Mini Pretzels** ..... 3.99  
Apple Cinnamon, Mozzarella Pizza, Grilled Cheese  
**Pretzels** ..... 4.49  
Chocolate Crumb, Cinnamon Bun, Jalapeno Cheddar, Spinach Feta,  
Berry Cobbler, Herb and Cream Cheese, Breakfast Omelette

## SNACKS

• **Boomi Bars and Bumble Bars** • Assorted Natural Snacks like Nuts  
• **Biscotti from Montione's Bakery**

## SMOOTHIES

**Fruity Smoothies: \$4.47 | \$4.77 | \$4.99**  
Acai Plus, Pina Colada, Strawberry Sensation, Fabulous Four Berry,  
Ambrosia Nectar, Banana Berry Bonanza, Tropical Sunrise, Aloha,  
Mango Tropics, Apple Berry

**Meal Replacement Smoothies 24 oz.** ..... 5.99  
Fitness Together, High Protein Low Carb, Energizer, Strawbana Breakfast,  
Iron Man/Woman, Blueberry Flax Factor, Fiber Fix, Stress Buster,  
Sniffles B Gone, Green Living, Bridgewater Bears, Green Tea Breakfast

**Smoothie Treats:** Mochaccino Chill, Peanut Butter Cup,  
White Chocolate Symphony, Extreme Heath Bar, Vanilla Bean, Oreo Mocha,  
Chocolate Decadence, CocoMochonut, Creamsicle, Chocolate Caramel,  
Caramel, Arctic Chai, Iced Latte, Mocha Frappe, Chocolate Banana

**Power Shots Add-ins:** Protein (Soy or Whey) Burn Fat Burn, Mind power,  
Multivitamin, Antioxidant, Wheat Grass, All Greens, Antioxidant, Power  
Boost, Sniffles B Gone, Stress Buster, Fiber Fix, Max Power, Passion Power

**Hot or Cold Bubble Teas** ..... 4.25  
Blue Raspberry, Pina Colada, Green Apple, and more

## WARM YOUR TOOTSIES

**Coffee : 1.50 | 1.70 | 1.90** Organic Fair Trade Equal Exchange  
**Tea : 1.50 | 1.70 | 1.90** Mighty Leaf, Organic Equal Exchange,  
Organic Mood Teas  
**Sweet Fun: 2.29 | 2.89 | 3.79** Swiss Almond Mocha, Mochaccino, Cafe Latte,  
Low Carb no Fat Hot Chocolate  
**Chai Tea 3.49 | 3.79 | 3.99** Decaf, Low Carb, Green

We also have Iced Coffee, Iced Tea, Orange Juice,  
Apple Juice, Milk, Bottled Water

## BOOKS

Our bookstore has books, cd's and gifts that will help you honor your  
body, feed your soul, and nourish your relationships.

Our books are specifically chosen to be ones that can help you on  
your journey, whatever journey that might be.

You'll find categories such as:

~ Mind, Body, and Soul

~ Parenting

~ Children

~ Teens

~ Care and Comfort

~ Health and Wellness

~ Fun

~ Bestsellers

## UPLIFTING GIFTS

Our gifts bring a smile to the heart, no matter what the occasion.

~ Aromatherapy

~ Candles

~ Incense

~ Journals

~ Greeting Cards

~ Magnets

~ Jewelry and Art from local featured artisans

~ Painted Wood Signs

~ Skincare

~ Pampering Gifts, Thoughtful Small Books,

Bookmarks, Framed Quotes

~ Gemstones

~ Angels

~ Card Decks

...and much more!

All from Quality vendors such as Aloha Bay, Quotables, Melissa Harris,  
4 Elements, Maroma, Brushdance, Quotables, Blue Mountain Arts,  
Lifesighs, The Learning Tree, Basic Spirit, Dreamtime, Spa Comforts,  
and many more!

We offer complementary gift wrap.

## HEALING ARTS

Try a Swedish/Relaxation Massage, a Deep Tissue Massage,  
a Pregnancy Massage, Reflexology or Reiki.

### Massage, Reiki, and Reflexology

**20 Minutes**.....\$20  
**30 Minutes**.....\$35  
**60 Minutes**.....\$60  
**90 Minutes**.....\$90

Prices subject to change.

### Hot Stone Therapy

warm and relaxing

**60 Minutes**.....\$85  
**90 Minutes**..... \$110

### Expecting a little one?

Be sure to ask for our pregnancy massage!

### Aromatherapy Massage

**60 Minutes**.....\$70  
**90 Minutes**..... \$100

### CANCELLATION POLICY:

No-shows or less than 24 hour notice will be charged a fee.

## OTHER SPECIALTIES:

Aura/Chakra Readings  
Past Life and Psychic Readings  
LOTS and Tarot Card Readings  
Angelic Healings and Angel Card Readings  
Thai Yoga Massage  
Emotional Freedom Technique (EFT)  
BodyTalk  
Divination/Dowsing Rods  
Specialized Kinesiology  
SomaEnergetics (Tuning Forks)  
Visit website for details: [www.upliftingconnections.com](http://www.upliftingconnections.com)

More services on the reverse!

Live Happier. Live Healthier.

