

EVENT CALENDAR

Henderson
(702) 547-1837

1660 West Sunset Road
Henderson, NV89014

MAY

11

Sat
11:00am
to
12:00pm

Pregnancy Nutrition for Mom & Baby

by Danielle Saltiel Sponsored By: Natural Grocers

Pregnant or planning on it? Join us to learn about the power of food for promoting optimal health for mom and baby. We'll discuss foundational principles for a healthy diet, emphasizing whole, real food and support healthy blood sugar balance. Next, we'll cover specific nutrients, supplements, and pregnancy-supportive herbs, as well as natural tips for morning sickness. We'll also look ahead to lactation nutrition!

MAY

25

Sat
3:00pm
to
4:00pm

Quick Class: Everyday Essential Oils for Health

by Danielle Saltiel Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.

JUN

08

Sat
11:00am
to
12:00pm

Quick Class: It's Zucchini Zoodle Time

by Danielle Saltiel Sponsored By: Natural Grocers

Perhaps one of the most versatile vegetables - come find out all there is to know about zucchini! Discover exciting ways to cook with zucchini, sneaking it into and replacing it with common everyday foods.

AUG

24

Sat
11:00am
to
12:00pm

Kids Class: Nutrition 4 the Win!

by Danielle Saltiel Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.





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NUTRIENT TO KNOW ABOUT: QUERCETIN

THE RESPIRATORY ROCKSTAR**

**By supporting immune competence, quercetin
promotes respiratory comfort and health during
a change in seasons and year-round.****

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