

EVENT CALENDAR

Liberty
(816) 335-4190

114 S. Stewart Rd.
Liberty, MO 64068

MAY

11

Sat
1:00pm
to
3:00pm

Mother's Day Make & Take for Kids

by *Leslie Hodge* Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients—many of which are hormone disruptors, neurotoxins, and skin irritants. But not ours! Mom's, scrub goodbye to skin care chemicals and bring your kids to Natural Grocers on May 11th so they can make an easy DIY FREE sugar scrub for you for Mother's Day!

MAY

15

Wed
4:00pm
to
5:00pm

Inflammation 101

by *Leslie Hodge* Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.

JUN

01

Sat
1:00pm
to
2:00pm

Healthy Skin and the Sun

by *Leslie Hodge* Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

JUN

12

Wed
4:00pm
to
5:00pm

DIY Body Care for Every Body

by *Leslie Hodge* Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

JUN

15

Sat
2:00pm
to
4:00pm

Father's Day Make & Take for Kids

by *Leslie Hodge* Sponsored By: Natural Grocers

"You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients- - many of which are known hormone disruptors, neurotoxins, and skin irritants. But not ours! Dad's, say goodbye to skin care chemicals and bring your kids to Natural Grocers on June 15th so they can make an easy Sore Muscle Rub for you for Father's Day!"

JUN

22

Sat
12:00pm
to
3:00pm

A Taste of Summer Health Fair

by *Leslie Hodge* Sponsored By: Natural Grocers

The sound and smell of a sizzling grill are now upon us—and with it, all the wonderfully delicious summertime favorites like juicy watermelon, dark ripe cherries, creamy pasture-based ice cream and more! Sample the likes of these iconic summer foods during this healthier version of a traditional backyard barbecue. Yours too can be as healthy and delicious this summer!

JUL

13

Sat
1:00pm
to
2:00pm

Are You Getting E-nough In Your Diet?

by *Leslie Hodge* Sponsored By: Natural Grocers

88% of Americans don't get enough vitamin E. This important antioxidant is E-ssential for bone, skin, eye, cardiovascular health, and immune function. Come take the quiz to see if you're getting E-nough and discover why vitamin E is such a crucial part of your daily routine.

JUL

17

Wed
4:00pm
to
5:00pm

The Power of Probiotics

by *Leslie Hodge* Sponsored By: Natural Grocers

Add some life to your plate and join us to sample and learn about the variety of living cultured foods that are available from yogurt and kefir to kimchi. Eating fermented, probiotic-rich foods keeps your gut and YOU healthy. For thousands of years, humans have relied on these superfoods for overall health, but today our diet is often lacking in them.

AUG

10

Sat
1:00pm
to
2:00pm

Smart Foods for Smart Kids

by *Leslie Hodge* Sponsored By: Natural Grocers

Children's brains require specialized, smart nutrition. Their daily diet can help support a healthy attention span, give them stable energy levels throughout the day, and provide their body with all foods necessary for a healthy, growing brain. With the recipes and tips you'll learn at this cooking class, the future is looking bright.

AUG

21

Wed
4:00pm
to
5:00pm

Feed Your Brain

by *Leslie Hodge* Sponsored By: Natural Grocers

Is your brain starved for better nutrition? Do you find it hard to concentrate or focus? Do you feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? Then this class is for you. Learn the secrets of a better brain at any age.





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THE RESPIRATORY ROCKSTAR**

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promotes respiratory comfort and health during
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