

# EVENT CALENDAR

MAY

15

Wed  
12:30pm  
to  
1:30pm

## Hope for Hormones

*by Isaac A. Mooberry, DC*

Find out how to effectively test your hormones and here is a hint it is not just in your blood. Discover the 10 different estrogens and they each impact how your body functions and feels. Hormones imbalance can cause you to experience weight gain, moodiness, hot flashes, dryness, bloating, sleep issues and more. How do you know how to help yourself unless you have objective information. Don't guess test!!!

MAY

18

Sat  
12:00pm  
to  
1:00pm

## Bone Builders and Bone Breakers

*by Juli Baumblatt* Sponsored By: Natural Grocers

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

MAY

29

Wed  
6:00pm  
to  
7:00pm

## Cholesterol: Medicines Biggest Scapegoat

*by Isaac A. Mooberry, DC*

Heart Disease continues to be the number one killer of both men and women - a shameful statistic because, when found early, heart disease can be treated and oftentimes reduced. Don't become a statistic take action and empower yourself and your family to get healthier.

JUN

01

Sat  
12:00pm  
to  
1:00pm

## Quick Class: Garlic Greatness

*by Juli Baumblatt* Sponsored By: Natural Grocers

It's a staple in just about every type of cuisine, and it is a staple of good health. The special sulfur-containing compounds in garlic make it a valuable and potent part of any healthy diet or supplement regime. Whether you're looking for a cardiovascular superhero, a supplement to support immune function, memory, or even a little everyday detoxification, never fear, garlic is here!

JUN

15

Sat  
12:00pm  
to  
1:00pm

## It's in the Air: Seasonal Irritants

*by Juli Baumblatt* Sponsored By: Natural Grocers

Problems with pollen? It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. Breathe Deeply!

JUL

06

Sat  
12:00pm  
to  
1:00pm

## Stress Fighting Foods

*by Juli Baumblatt* Sponsored By: Natural Grocers

Chronic stress causes us to gain belly fat, can shrink our brain cells and destroys our immune system. While removing stress from your life may not be entirely possible, there are foods that help support a calm mood and healthy stress response. Delicious recipes taught in this class will show you how to incorporate these foods into your everyday diet.

JUL

20

Sat  
12:00pm  
to  
1:00pm

## Healthy Gluten-Free Living

*by Juli Baumblatt* Sponsored By: Natural Grocers

You'll learn the basics for the healthiest approach to gluten-free living. We will share shopping tips and cooking tips for gluten-free living, as well as advice on dietary supplements for nutritional support.

AUG

24

Sat  
12:00pm  
to  
1:00pm

## Paleo Wraps

*by Juli Baumblatt* Sponsored By: Natural Grocers

Are you stuck in your lunch-time rut? Break the bread habit by learning how to make a delicious Paleo lettuce wrap instead. Cooking healthy Paleo dishes doesn't need to be complicated or time consuming, it's actually quite simple! Even better, Paleo Wraps help boost your intake of healthy foods.

AUG

31

Sat  
12:00pm  
to  
1:00pm

## Kids Class: Nutrition 4 the Win!

*by Juli Baumblatt* 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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