

EVENT CALENDAR

MAY

11

Sat
11:00am
to
11:30am

Quick Class: Everyday Essential Oils for Health

by *Jessica Rentas-Clift* 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.

MAY

19

Sun
2:00pm
to
3:00pm

21 Days to Health: Eat for Your Health

by *Jessica Rentas-Clift* Sponsored By: Natural Grocers

Join us as we begin our 21 Days to a Healthier You series. NHCs will unpack what healthy eating means and provide the foundation for building balanced and delicious meals that regenerate our world. You'll discover how to read food labels and use supplements to propel vibrant health. Following the class, turn education into action with a 7-day challenge of eating to the Natural Grocers Regenivore Meal Wheel. [Sign up!](#)

MAY

26

Sun
2:00pm
to
3:00pm

21 Days to Health: Kick Sugar Cravings

by *Jessica Rentas-Clift* Sponsored By: Natural Grocers

Blood sugar levels throughout the day and over time have major impacts on our health. In week 2 of our 21 Days to a Healthier You series, you'll learn how blood sugar impacts health and the steps to maintain healthy blood sugar balance. Following the class, turn education into action with a 7-day challenge focused on removing added sugars to support increased energy, positive mood, better sleep, and more! [Sign up!](#)

JUN

02

Sun
2:00pm
to
3:00pm

21 Days to Health: Detoxify Your Life

by *Jessica Rentas-Clift* Sponsored By: Natural Grocers

Our world is polluted with some 80k chemicals. In week 3 of our 21 Days to a Healthier You series, we will discuss two key ways to minimize their negative impact and discover the benefits of daily detoxification. We will also uncover how to reduce your toxic burden and the toxic burden on our planet. Following the class, turn education into action with a 7-day challenge to detoxify your body and environment. [Sign up!](#)



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