

EVENT CALENDAR

Norman
(405) 321-3375

1918 West Main St
Norman, OK 73069

MAY

26

Sun
3:00pm
to
4:00pm

Foods for Fitness

by Ryan Adkins Sponsored By: Natural Grocers

Ever wonder why some foods help you go the extra mile, while others seem to hold you back? Learn which foods best support your active body and discover new recipes to help you fuel up before, during and after exercise.

JUN

09

Sun
3:00pm
to
4:00pm

Radiant Skin Begins Within

by Ryan Adkins Sponsored By: Natural Grocers

As your body's largest organ, your skin deserves to be as nurtured and protected as much as any other part of the body—with a healthy diet tailored to its unique needs. Unlock your skin's innate ability to defend itself from the inside out against harmful UV rays and other AGE accelerating factors. Graceful aging of the skin begins within!

JUN

23

Sun
3:00pm
to
4:00pm

Elevate Your Party Favorites

by Ryan Adkins Sponsored By: Natural Grocers

Take your party foods to a healthier level. You'll feel good knowing just how nutritious and easy to prepare these party treats can be. There's no need to search for completely new recipes or eat unfamiliar food. Prepare your favorite foods, just upgrade them!

JUL

07

Sun
3:00pm
to
4:00pm

Digestive Health 101

by Ryan Adkins Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

JUL

14

Sun
3:00pm
to
4:00pm

Dysbiosis and Digestive Discomfort

by Ryan Adkins Sponsored By: Natural Grocers

Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.

JUL

21

Sun
3:00pm
to
4:00pm

The Power of Probiotics

by Ryan Adkins 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.





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