EVENT CALENDAR

Prescott
(928) 771-0400

1470 Gail Gardner Way
Prescott, AZ86305

MAY **09** **Thu** 3:30pm to 5:00pm

Natural Tips to Support Healthy Sleep

by Renee P. Sullivan Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.

MAY **30** **Thu** 3:30pm to 5:00pm

Feed Your Brain

by Renee P. Sullivan 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.

JUN **06** **Thu** 3:30pm to 5:00pm

Cravings, Weight Gain, & Blood Sugar

by Renee P. Sullivan Sponsored By: Natural Grocers

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

JUN **27** **Thu** 3:30pm to 5:00pm

Digestive Health 101

by Renee P. Sullivan 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 **11** **Thu** 3:30pm to 5:00pm

Maintaining Muscle Mass

by Renee P. Sullivan Sponsored By: Natural Grocers

It’s never too early, or too late, to improve muscle health—and overall health! But after age 30, we can lose 3 to 8 percent of our muscle mass each decade! Learn how to maintain muscle mass now, and well into the future, with key foods and supplements all recommended by science-based research. Stay strong and muscle on!

JUL **25** **Thu** 3:30pm to 5:00pm

Maximize Your Healthspan

by Renee P. Sullivan Sponsored By: Natural Grocers

We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? For most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your healthspan is all about learning how to put health back into your years, so you can live life to the fullest.

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