

EVENT CALENDAR

MAY
10

Fri
12:00pm
to
1:15pm

Fast, Tasty, Versatile Vegan Home Cooking

by Shana Cohen

Come, enjoy a quick and simple summer salad full of flavor! Topped with vegan toona made from garbanzo beans. Very tasty and easy to make. Will become a staple in your home in no time. A short discussion and open floor to ask any questions you may have about eating vegan. Looking forward to sharing a meal with you!

MAY
11

Sat
11:00am
to
11:30am

Health by Chocolate

by Nicolette Severa Sponsored By: Natural Grocers

Hooray! Chocolate can actually be good for us. Learn how to use quality chocolate to enhance your food ...and your health. Our Nutritional Health Coach will share with you some of the health benefits of chocolate or “food of the gods.” You’ll also get recipes and samples of some of our favorites.

JUN
01

Sat
11:00am
to
11:30am

The Egg Came First

by Nicolette Severa Sponsored By: Natural Grocers

While we can’t answer the philosophical question of which came first, the chicken or the egg, we can tell you that eggs are a powerhouse of nutrition from protein, vitamins, and minerals, to unique nutrients such as choline and lecithin. Eggs can help meet your health goals at any age and any meal of the day!

JUN
08

Sat
11:00am
to
12:00pm

Healthy Skin and the Sun

by Nicolette Severa 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!

JUL
13

Sat
11:00am
to
12:00pm

Keto Diet 101

by Nicolette Severa Sponsored By: Natural Grocers

Mounting scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time. Going keto is all the rage, but the diet is laden with conflicting ideas, disastrous oversimplification, and misinformation. In Keto 101 we’ll dive into this trend to understand the what, why, and how to succeed with ketogenic eating.

JUL
27

Sat
11:00am
to
12:00pm

The Buzz Behind Bone Broth and Collagen

by Nicolette Severa Sponsored By: Natural Grocers

Maybe you’ve heard of bone broth, or have seen some of the latest collagen supplements at the health food store. You may have even tried some of these trendy products without knowing what makes them so great. Find out why these products have become so popular, what they are, and how to use them to support optimal health.

AUG
24

Sat
11:00am
to
12:00pm

Kids Class: Nutrition 4 the Win!

by Nicolette Severa 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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