

EVENT CALENDAR

MAY

12

Sun
3:00pm
to
5:00pm

DIY Scrub Station

by Jessica Cox Sponsored By: Natural Grocers

Stop by and learn a fun, easy way to slough off dull, dry skin to reveal a healthy, hydrating glow! Take home your own customized DIY Salt & Sugar Scrub and our one-of-a-kind recipes, using all-natural ingredients and signature oil blends—Lavender Fields Forever (+Mint!), Breathe Easy, Rise & Shine!, Orange Creamsicle and more. See you at the Scrub Station!

JUN

02

Sun
3:00pm
to
4:15pm

Turmeric, the Spice of Life

by Jessica Cox Sponsored By: Natural Grocers

This wonderful yellow spice has been consumed for its health benefits for thousands of years. Combining turmeric with certain spices or healthy fats can help your body absorb and use curcumin—the active component of turmeric. Spice up your life and your health by learning how to use turmeric in more than just curry.

JUN

09

Sun
3:00pm
to
4:00pm

Common Enemy Film with Healthy Snacks

by Dr. Lesa Staubus

[Common Enemy](#), directed and written by filmmaker Adam Peditto of Humane League, offers a look at the sobering consequences of factory farms, also known as concentrated animal feeding operation (CAFOs), here in Oklahoma. Farmers, environmentalists, and animal welfare advocates find themselves united against one common enemy: industrialized animal agriculture.

JUN

16

Sun
3:00pm
to
4:00pm

Quick Class: Bon Appetit Let's Eat Beets

by Jessica Cox Sponsored By: Natural Grocers

Do you heart beets as much as we do? Ready to learn more about the infamously staining superfood? Come to our fast class and discover how you can join the good4urevolution and Learn. Eat. Dream!

JUN

30

Sun
3:00pm
to
4:00pm

Quick Class: Cruciferous Cuisine

by Jessica Cox Sponsored By: Natural Grocers

What do broccoli, kale, cabbage, and cauliflower have in common? They all belong to the family of nutritious, delicious cruciferous vegetables. Learn the best cooking methods to help maintain their nutrient density and unique flavor profiles. Cheers to an organic *Cruciferous Cuisine!*

JUL

14

Sun
3:00pm
to
4:15pm

The Buzz Behind Bone Broth and Collagen

by Jessica Cox 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.

JUL

21

Sun
3:00pm
to
5:00pm

Alec's A2 Regenerative Ice Cream Social

by Jessica Cox Sponsored By: Natural Grocers

Here's the scoop: We will be sampling Alec's ice cream from pasture-raised, regenerative A2 dairy. Bring your family and friends for this Earth-friendly, crew-favorite ice cream that everyone can enjoy! Come and grab a FREE scoop of ice cream served up by our Nutritional Health Coach. Ice cream is available while supplies last.

JUL

28

Sun
3:00pm
to
4:15pm

Feed Your Brain

by Jessica Cox Sponsored By: Natural Grocers

Do you find it hard to concentrate or focus? Feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? There are foods that can help! Learn how to incorporate these foods into brain (and overall health) friendly meals by attending this cooking demonstration.

AUG

11

Sun
3:00pm
to
4:15pm

The Power of Probiotics

by Jessica Cox 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.

AUG

25

Sun
3:00pm
to
4:00pm

Kids Class: Nutrition 4 the Win!

by Jessica Cox 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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