

EVENT CALENDAR

MAY

07

Tue
6:00pm
to
7:00pm

Boost Your Energy With B Vitamins!

by Dr Steven Teagarden

If you'd like to naturally boost your energy, all day and every day, come and learn about the crucially important B vitamins. This super informative talk will review all the B vitamins, and help you understand why they're so important to your health and energy levels.

MAY

08

Wed
5:00pm
to
5:30pm

Quick Class: Everyday Essential Oils for Health

by Kami Harman 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
12:00pm
to
1:00pm

Detox 101

by Kami Harman Sponsored By: Natural Grocers

There are a million reasons to detox -- and probably a million different ways to go about it. But what's the best way? Join us to discover how an effective detox must not only address our exposure to toxins, but also support our body's daily detoxification functions.

MAY

29

Wed
5:00pm
to
5:30pm

Quick Class: What's the Fermented Fuss?

by Kami Harman Sponsored By: Natural Grocers

Interested in what all the fermented food fuss is about? Come to our fermented fast class and discover how you can join the good4urevolution and Learn. Eat. Dream!

JUN

09

Sun
12:00pm
to
1:00pm

Inflammation 101

by Kami Harman Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.

JUN

30

Sun
12:00pm
to
1:00pm

Vegan Paleo Salad Dressings and Dips

by Kami Harman Sponsored By: Natural Grocers

We all need to eat healthy fats to support a healthy inflammatory balance in our bodies. Many polyunsaturated fats found in most bottled salad dressings promote inflammation. Dress your veggies with recipes taught at this class and maintain a balanced intake of Omega 3 and 6 fatty acids and support optimal health!

JUL

14

Sun
12:00pm
to
1:00pm

Healthy Skin and the Sun

by Kami Harman 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

31

Wed
5:00pm
to
5:30pm

Quick Class: MCT Oil

by Kami Harman Sponsored By: Natural Grocers

Are you in search of consistent energy, weight maintenance, brain support, and exercise performance? Then MCT oil might be the perfect supplement for you! Learn how these healthy fats support metabolism and how to best incorporate MCT oil into your daily routine. It's easy as 1, 2, 3!

AUG

11

Sun
12:00pm
to
1:00pm

Taste-Tea and Nourishing

by Kami Harman Sponsored By: Natural Grocers

Join us for tea time! From the ooo's of an oolong to a gregarious green, learn what makes each cup of tea so unique in taste and so beneficial to our health. Sample year-round favorites and unlock the power that comes from freshly brewed tea.

AUG

25

Sun
12:00pm
to
1:00pm

Kids Class: Nutrition 4 the Win!

by Kami Harman 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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