

EVENT CALENDAR

Tyler
(903) 561-1800

4820 S. Broadway Ave.
Tyler, TX 75703

MAY

11

Sat
11:00am
to
12:00pm

Feed Your Brain

by Denise Nix 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.

JUN

01

Sat
11:00am
to
12:00pm

Dinner: More Veggies, Please!

by Denise Nix Sponsored By: Natural Grocers

What's for dinner? Vegetables! Discover how to eat more organic vegetables at dinner and we'll help make all your healthy dreams a reality.

JUN

21

Fri
12:00pm
to
12:45pm

Quick Class: Got Chocolate?

by Denise Nix Sponsored By: Natural Grocers

Gotta have chocolate? Then you're one of us! Indulge in a chocolatey daze of delectable sweetness when you discover everything there is to know about the smooth, satisfying richness that is irresistible chocolate! Did someone say samples? We did! Join the good4urevolution and Learn. Eat. Dream!

JUN

22

Sat
11:00am
to
11:45am

The Unsweet Side of Soda

by Denise Nix Sponsored By: Natural Grocers

Soda, pop, cola -- whatever you want to call it -- contains a mishmash of chemicals and enough sugar to ruin your good health. Sugar consumption in the United States has reached unreal levels and its rise is mirrored by the rise in many of the chronic health problems that plague Americans. Use tips learned in this class to break the sugar addiction and improve your health and the health of your family.

JUL

13

Sat
11:00am
to
12:00pm

Young at Heart: Healthy Aging with CoQ10

by Denise Nix Sponsored By: Natural Grocers

Not only are you aging, but your cells are aging, too! Did you know energy, heart health, healthy aging, and more all require CoQ10 at the cellular level? Learn how to support your cells by adding CoQ10 to your daily regimen.

JUL

27

Sat
11:00am
to
12:00pm

Creating a Healthy Home

by Denise Nix Sponsored By: Natural Grocers

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation in their home. But, did you know that there are a lot of other toxic compounds found in your home, like constant exposure to electromagnetic frequencies, that may be damaging to your health? Get all the tips and tricks on creating a healthy home environment.

AUG

03

Sat
11:00am
to
12:00pm

Smart Foods for Smart Kids

by Denise Nix Sponsored By: Natural Grocers

Children's brains require specialized, smart nutrition. Their daily diet can help support a healthy attention span, give them stable energy levels throughout the day, and provide their body with all foods necessary for a healthy, growing brain. With the recipes and tips you'll learn at this cooking class, the future is looking bright.

AUG

31

Sat
12:00pm
to
1:00pm

Kids Class: Nutrition 4 the Win!

by Denise Nix 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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