

EVENT CALENDAR

Keller
(817) 379-1900

1501 Keller Parkway
Keller, TX76248

MAY

11

Sat
1:00pm
to
2:00pm

Pregnancy Nutrition for Mom & Baby

by Melissa Milam Sponsored By: Natural Grocers

Pregnant or planning on it? Join us to learn about the power of food for promoting optimal health for mom and baby. We'll discuss foundational principles for a healthy diet, emphasizing whole, real food and support healthy blood sugar balance. Next, we'll cover specific nutrients, supplements, and pregnancy-supportive herbs, as well as natural tips for morning sickness. We'll also look ahead to lactation nutrition!

MAY

25

Sat
1:00pm
to
1:30pm

Quick Class: Eggs-Beyond Breakfast

by Melissa Milam Sponsored By: Natural Grocers

Which came first the chicken or the egg? While the adage may never be answered, our selection of eggcellent free range & new, NG These Came First pasture-raised eggs are as delicious and nutritious as ever! Eggs—it's what's for breakfast, lunch and dinner! Join the good4urevolution and Learn. Eat. Dream!

JUN

15

Sat
1:00pm
to
2:00pm

Building Healthy & Delicious Meals

by Melissa Milam Sponsored By: Natural Grocers

Let's get back to the basics! Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy & delicious meals. Together we'll make meal planning easy!

JUN

29

Sat
1:00pm
to
2:00pm

Paleo Wraps

by Melissa Milam Sponsored By: Natural Grocers

Are you stuck in your lunch-time rut? Break the bread habit by learning how to make a delicious Paleo lettuce wrap instead. Cooking healthy Paleo dishes doesn't need to be complicated or time consuming, it's actually quite simple! Even better, Paleo Wraps help boost your intake of healthy foods.

JUL

13

Sat
1:00pm
to
3:00pm

Dairy Demo Day

by Melissa Milam Sponsored By: Natural Grocers

As of April 1st, 2015, all of Natural Grocers' dairy products are now from pasture-raised animals. Good for you, good for the planet. Try samples and find your new favorites today.

JUL

27

Sat
1:00pm
to
2:00pm

Gelatin: A Rediscovered Superfood

by Melissa Milam Sponsored By: Natural Grocers

You might not have included this on your weekly shopping list, but it certainly deserves a spot. Gelatin is an underappreciated superfood that has long been a part of many traditional diets. A few quick cooking tips and you will be an expert at incorporating this nutrient-rich food into your and your family's diet.

AUG

10

Sat
1:00pm
to
2:00pm

Smart Kids, Smart Nutrition

by Melissa Milam Sponsored By: Natural Grocers

Building big brains requires specialized, smart nutrition. Your child's daily diet can help support healthy attention spans, give them stable energy levels throughout the day, and provide their body with all the important nutrients necessary for a healthy, growing brain. With the nutrition tips you'll learn at this smart kids class, the future is looking bright.





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