

EVENT CALENDAR

Joplin
(417) 627-9436

510 South Range Line Rd
Joplin, MO64801

MAY

11

Sat
1:00pm
to
2:00pm

It's in the Air: Seasonal Irritants

by Bonnie Chastain Sponsored By: Natural Grocers

Problems with pollen? It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. Breathe Deeply!

MAY

31

Fri
1:00pm
to
2:00pm

Dinner: More Veggies, Please!

by Bonnie Chastain 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

12

Wed
11:00am
to
12:00pm

The War on Salt

by Bonnie Chastain Sponsored By: Natural Grocers

We've seen the headlines and dietary guidelines urging all Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is actually health-promoting. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.

JUN

21

Fri
5:00pm
to
6:00pm

Where to Start to Love Your Heart

by Bonnie Chastain Sponsored By: Natural Grocers

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.

JUL

03

Wed
10:30am
to
11:30am

Paleo Pancakes: Red, White and Blueberry

by Bonnie Chastain Sponsored By: Natural Grocers

Did you know that pancakes can be grain-free, blood sugar friendly, and DELICIOUS!? In this cooking demonstration, we will talk about the many ways we can make nutritious pancakes, plus offer ideas for tasty toppings, like fresh strawberries, coconut and blueberries. These signature red, white and blueberry pancakes will help balance your mood and energy throughout the day!





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