

EVENT CALENDAR

Coos Bay
(541) 266-9473

562 N Broadway
Coos Bay, OR97420

MAY

08

Wed
12:00pm
to
12:30pm

Quick Class: Garlic Greatness

by Nutritional Health Coach, Cheryl O'Dell Sponsored By: Natural Grocers
It's a staple in just about every type of cuisine, and it is a staple of good health. The special sulfur-containing compounds in garlic make it a valuable and potent part of any healthy diet or supplement regime. Whether you're looking for a cardiovascular superhero, a supplement to support immune function, memory, or even a little everyday detoxification, never fear, garlic is here!

MAY

20

Mon
2:30pm
to
3:30pm

Dysbiosis and Digestive Discomfort

by Cheryl O'Dell Sponsored By: Natural Grocers
Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.

JUN

05

Wed
12:00pm
to
12:45pm

Maximize Your Healthspan

by Cheryl O'Dell Sponsored By: Natural Grocers
We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? For most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your healthspan is all about learning how to put health back into your years, so you can live life to the fullest.

JUN

17

Mon
2:30pm
to
3:15pm

Amazing Apples

by Cheryl O'Dell Sponsored By: Natural Grocers
Apples are centuries old, but are as delicious today as ever. Learn about our amazing varieties of organic apples and tempt your senses with some of our favorite new, apple-inspired recipes. It's easy to make this healthful fruit a part of your everyday diet. After all, an apple a day keeps the doctor away!

JUL

03

Wed
12:00pm
to
12:30pm

Paleo Pancakes: Red, White and Blueberry

by Cheryl O'Dell 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!

JUL

15

Mon
2:30pm
to
3:00pm

Juicing Your Way to Vitality

by Cheryl O'Dell Sponsored By: Natural Grocers
Did you know approximately 91% of Americans don't meet the recommendations for vegetable consumption? Juicing is an easy way to virtually guarantee that you will reach your daily target for fresh produce. Stop in to learn the latest tips and trends to juicing the rainbow and to *Juicing Your Way to Vitality!*

AUG

07

Wed
12:00pm
to
12:30pm

Vegan Paleo Salad Dressings and Dips

by Cheryl O'Dell 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!

AUG

26

Mon
2:30pm
to
3:00pm

Kids Class: Nutrition 4 the Win!

by Cheryl O'Dell 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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