

EVENT CALENDAR

MAY

15

Wed
4:00pm
to
5:00pm

Healthy Skin and the Sun

by Daveed Aranda 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!

MAY

16

Thu
3:00pm
to
4:30pm

Come and Get Your Fix!

by Dirty Diana's Hot Chili Oil

You've got to come and check out Dirty Diana's Hot Chili Oil. The owner is a fantastic cook, and he'll prepare some delicious food for you. The best part is that you'll see them in action and taste some free samples of their fantastic chili oil. Trust me, you will want to take advantage of this opportunity! No matter if you are vegan or Paleo Dirty D's goes with any meal that your taste buds desire!

JUN

05

Wed
4:00pm
to
5:00pm

Where to Start to Love Your Heart

by Daveed Aranda 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

10

Wed
12:00pm
to
1:00pm

Bone Builders and Bone Breakers

by Daveed Aranda Sponsored By: Natural Grocers

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

JUL

25

Thu
12:00pm
to
1:00pm

Purely Paleo

by Daveed Aranda Sponsored By: Natural Grocers

There's a science to going Paleo, literally! No matter where you are on the spectrum of health and wellness, The Paleo Diet can give you the ancestral "tools" you need to help you reach your goals. Explore the pure science behind The Paleo Diet and discover why what's old is new again—and just so happens to empower health along the way. Plus enjoy a Purely Paleo Recipe Demo!



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promotes respiratory comfort and health during
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