

EVENT CALENDAR

Springfield, MO
417.351.2202

3333 S. Glenstone Ave.
Springfield, MO 65804

MAY

18

Sat
11:00am
to
12:00pm

Quick Class: Garlic Greatness

by *Charles Cirocco* 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!

JUN

01

Sat
11:00am
to
12:00pm

Paleo Wraps

by *Charles Cirocco* 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.

JUN

15

Sat
11:00am
to
12:00pm

The War on Salt

by *Charles Cirocco* 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.

JUL

06

Sat
11:00am
to
12:00pm

Adding More Vegetables!

by *Charles Cirocco* Sponsored By: Natural Grocers

Discover why vegetables are so good4u and considered the foundation of health! Rich in vitamins, nutrients, antioxidants, and fiber—we all know we're supposed to eat the rainbow, but do you know all the varieties out there? Learn how to eat more organic vegetables and we'll show you quick and easy ways to pack a nutrient-dense punch to your meals.

JUL

20

Sat
11:00am
to
12:00pm

Pregnancy Nutrition for Mom & Baby

by *Charles Cirocco* 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!

AUG

03

Sat
11:00am
to
12:00pm

Maintaining Muscle Mass

by *Charles Cirocco* Sponsored By: Natural Grocers

It's never too early, or too late, to improve muscle health—and overall health! But after age 30, we can lose 3 to 8 percent of our muscle mass each decade! Learn how to maintain muscle mass now, and well into the future, with key foods and supplements all recommended by science-based research. Stay strong and muscle on!

AUG

17

Sat
11:00am
to
12:00pm

Foods for Fitness

by *Charles Cirocco* Sponsored By: Natural Grocers

Ever wonder why some foods help you go the extra mile, while others seem to hold you back? Learn which foods best support your active body and discover new recipes to help you fuel up before, during and after exercise.

SEP

07

Sat
11:00am
to
12:00pm

The Power of Probiotics

by *Charles Cirocco* Sponsored By: Natural Grocers

I am your gut bacteria; you might be shocked to hear this, but I influence how every part of your body works: how easily you lose (or gain) weight, how your immune system functions, even your ability to focus. Knowing which supplements are essential for keeping me (and you!) healthy is easy if you attend this class.

SEP

21

Sat
11:00am
to
12:00pm

Cultured Veggies Demo

by *Charles Cirocco* Sponsored By: Natural Grocers

After the "Quick Class: What's the Fermented Fuss", our Nutritional Health Coach will demonstrate culturing veggies. The demo includes beets and greens using the Body Ecology culturing starter and Vital Earth's Humic Minerals. You can also enter for a chance to win a bottle of Vital Earth's Humic Minerals!

OCT

05

Sat
11:00am
to
12:00pm

Amazing Apples

by *Charles Cirocco* 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!





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promotes respiratory comfort and health during
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