

# EVENT CALENDAR

MAY

28

Tue  
6:00pm  
to  
7:00pm

## It's in the Air: Seasonal Irritants

by *Lily Maneva-Radicheva* 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!

JUN

04

Tue  
6:00pm  
to  
7:00pm

## Bone Builders and Bone Breakers

by *Lily Maneva-Radicheva* 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.

JUN

25

Tue  
6:00pm  
to  
7:00pm

## Where to Start to Love Your Heart

by *Lily Maneva-Radicheva* 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

09

Tue  
6:00pm  
to  
7:00pm

## Demystifying Fats

by *Lily Maneva-Radicheva* Sponsored By: Natural Grocers

Fats have been blamed for our declining health since the 1950s, but are they really the villains they've been made out to be? Discover why fats are essential to health and learn why nutrient-dense high-fat foods should be part of a healthy diet. In addition, this class will highlight some of the latest research on fat as we untangle the truth and demystify fats.

JUL

23

Tue  
6:00pm  
to  
7:00pm

## Purely Paleo

by *Lily Maneva-Radicheva* 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!

AUG

06

Tue  
6:00pm  
to  
7:00pm

## Dysbiosis and Digestive Discomfort

by *Lily Maneva-Radicheva* 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.

AUG

20

Tue  
6:00pm  
to  
7:00pm

## Keto Diet 101

by *Lily Maneva-Radicheva* Sponsored By: Natural Grocers

Mounting scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time. Going keto is all the rage, but the diet is laden with conflicting ideas, disastrous oversimplification, and misinformation. In Keto 101 we'll dive into this trend to understand the what, why, and how to succeed with ketogenic eating.

AUG

25

Sun  
2:00pm  
to  
3:00pm

## Kids Class: Nutrition 4 the Win!

by *Lily Maneva-Radicheva* 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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