

EVENT CALENDAR

MAY

08

Wed
5:30pm
to
6:15pm

DIY Body Care for Every Body

by Kelby Arnold Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

MAY

15

Wed
5:30pm
to
6:30pm

The Power of Probiotics

by Kelby Arnold Sponsored By: Natural Grocers

Add some life to your plate and join us to sample and learn about the variety of living cultured foods that are available from yogurt and kefir to kimchi. Eating fermented, probiotic-rich foods keeps your gut and YOU healthy. For thousands of years, humans have relied on these superfoods for overall health, but today our diet is often lacking in them.

MAY

16

Thu
12:00pm
to
1:30pm

Asian Medicine for Anti Aging

by Catherine Niemiec

What does it take to live a longer and healthier life? Asian medicine has studied this for centuries. What can we learn from this ancient medicine to prolong our life now and ensure our health in the future? Asian medicine has many ways to strengthen and tonify our bodies by learning to improve our energy and vitality. You are welcome to bring a lunch.

JUN

12

Wed
5:30pm
to
6:30pm

Stress Fighting Foods

by Kelby Arnold Sponsored By: Natural Grocers

Chronic stress causes us to gain belly fat, can shrink our brain cells and destroys our immune system. While removing stress from your life may not be entirely possible, there are foods that help support a calm mood and healthy stress response. Delicious recipes taught in this class will show you how to incorporate these foods into your everyday diet.

JUN

26

Wed
5:30pm
to
6:30pm

Quick Class: Got Chocolate?

by Kelby Arnold Sponsored By: Natural Grocers

Gotta have chocolate? Then you're one of us! Indulge in a chocolatey daze of delectable sweetness when you discover everything there is to know about the smooth, satisfying richness that is irresistible chocolate! Did someone say samples? We did! Join the good4urevolution and Learn. Eat. Dream!



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FREE REWARDS PROGRAM TODAY!***



NUTRIENT TO KNOW ABOUT: QUERCETIN

THE RESPIRATORY ROCKSTAR**

By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.**

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