

EVENT CALENDAR

Phoenix - Indian School Rd
(602) 277-3000

655 W. Indian School Rd
Phoenix, AZ85013

OCT

31

Thu
12:00pm
to
1:00pm

21 Days to Health: Eat for Your Health

by *Amanda Morris NHC* Sponsored By: Natural Grocers

Join us as we begin our 21 Days to a Healthier You series. NHCs will unpack what healthy eating means and provide the foundation for building balanced and delicious meals that regenerate our world. You'll discover how to read food labels and use supplements to propel vibrant health. Following the class, turn education into action with a 7-day challenge of eating to the Natural Grocers Regenivore Meal Wheel. [Sign up!](#)





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