

EVENT CALENDAR

North Las Vegas

(702) 395-0642

6305 Simmons St.

North Las Vegas, NV89031

MAY

18

Sat
11:00am
to
12:00pm

Level Up Your Cupcakes

by Chef Elaine

Spring is here! Learn how to color your frosting with pretty pastel shades. Tap the into you inner artist or inner kid. Learn how to make decorative cupcakes like a pro. Chef Elaine will show you how level-up! Everyone is welcomed. Bring your plus one and let's have some fun.

JUL

20

Sat
11:00am
to
12:00pm

Beat The Heat

by Natural Grocers' Team Sponsored By: Natural Grocers

Who doesn't love the cool, refreshing taste of watermelon during the hot summer months? We've taken it up a notch with this Fruity Watermelon Pizza. Thick slices of watermelon are topped with a yogurt-cream cheese sauce and the freshest summer fruit. It's healthy, delightful, and refreshing and makes a wonderful snack or light dessert. Make it vegan by swapping the yogurt and cream cheese for dairy-free options.

JUN

22

Sat
11:00am
to
12:00pm

Healthy Skin and the Sun

by Ann Ross 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!

JUL

13

Sat
11:00am
to
12:00pm

Snacking Can Be good4u!

by Ann Ross Sponsored By: Natural Grocers

Move over crackers; there's a new snack in town! We'll teach you tips and tricks for helping you stay on track and achieve your health goals...even when it comes to snacking! We put our best snack-happy, brain-fog-busting, energy-packing snacks to the test, and we're ready to share them with you. Discover nutrient-dense, snack-tastic treats and CHALLENGE your snacking habits this week!





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NUTRIENT TO KNOW ABOUT: QUERCETIN

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promotes respiratory comfort and health during
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