

EVENT CALENDAR

Longview
(903) 331-0733

406 W Loop 281
Longview, TX75605

MAY

11

Sat
11:30am
to
12:00pm

Quick Class: Everyday Essential Oils for Health

by *Amber Lankford* Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.

JUL

13

Sat
11:30am
to
12:15pm

Demystifying Fats

by *Amber Lankford* 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.

JUN

01

Sat
11:30am
to
12:15pm

Healthy Skin and the Sun

by *Amber Lankford* 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

27

Sat
11:30am
to
12:15pm

Creating a Healthy Home

by *Amber Lankford* Sponsored By: Natural Grocers

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation in their home. But, did you know that there are a lot of other toxic compounds found in your home, like constant exposure to electromagnetic frequencies, that may be damaging to your health? Get all the tips and tricks on creating a healthy home environment.

JUN

15

Sat
11:30am
to
12:00pm

Quick Class: Get Spiralized & Satisfied

by *Amber Lankford* Sponsored By: Natural Grocers

Want to eat more vegetables, but don't know where to start? Going grain-free but miss your favorite pasta dishes? Find out how to stay satisfied using a spiralizer to eat more vegetables and replace less nutritious grains with more nutrient-dense vegetable "noodles" in your favorite dishes.





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NUTRIENT TO KNOW ABOUT: QUERCETIN

THE RESPIRATORY ROCKSTAR**

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