

EVENT CALENDAR

JUN

04

Tue
6:00pm
to
7:00pm

How to Survive Today's Food Jungle

by *Bethanee Zuber* Sponsored By: Natural Grocers

Food today is entirely different than it was in your grandparents' day. From the way it's grown to the way it's processed and packaged (including the nutritional value), everything has changed. Knowing how to choose the highest-quality foods is key to caring for your health.

JUN

25

Tue
6:00pm
to
7:00pm

Stress Fighting Foods

by *Bethanee Zuber* 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

11

Tue
6:00pm
to
7:00pm

The Unsweet Side of Soda

by *Bethanee Zuber* Sponsored By: Natural Grocers

Soda, pop, cola -- whatever you want to call it -- contains a mishmash of chemicals and enough sugar to ruin your good health. Sugar consumption in the United States has reached unreal levels and its rise is mirrored by the rise in many of the chronic health problems that plague Americans. Use tips learned in this class to break the sugar addiction and improve your health and the health of your family.

JUL

02

Tue
6:00pm
to
7:00pm

The Egg Came First

by *Bethanee Zuber* Sponsored By: Natural Grocers

While we can't answer the philosophical question of which came first, the chicken or the egg, we can tell you that eggs are a powerhouse of nutrition from protein, vitamins, and minerals, to unique nutrients such as choline and lecithin. Eggs can help meet your health goals at any age and any meal of the day!

JUN

18

Tue
6:00pm
to
7:00pm

Detox 101

by *Bethanee Zuber* Sponsored By: Natural Grocers

There are a million reasons to detox -- and probably a million different ways to go about it. But what's the best way? Join us to discover how an effective detox must not only address our exposure to toxins, but also support our body's daily detoxification functions.



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