

EVENT CALENDAR

MAY
08

Wed
10:00am
to
11:30am

DIY Body Care for Every Body

by Diane Strassberg 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
28

Tue
5:30pm
to
6:30pm

Vegan Paleo Salad Dressings and Dips

by Diane Strassberg Sponsored By: Natural Grocers

We all need to eat healthy fats to support a healthy inflammatory balance in our bodies. Many polyunsaturated fats found in most bottled salad dressings promote inflammation. Dress your veggies with recipes taught at this class and maintain a balanced intake of Omega 3 and 6 fatty acids and support optimal health!

JUN
12

Wed
3:00pm
to
4:15pm

A good4u Breakfast

by Diane Strassberg Sponsored By: Natural Grocers

It's no secret that breakfast really is the most important meal of the day. And, yet, it's also the most skipped or improperly nourished meal, often made up of energy-sucking and metabolism-slowng foods. Take the CHALLENGE and discover why eating a complete, good4u breakfast can help you throughout the day, with improved cognition, metabolic and cardiovascular support and overall health!

JUN

25

Tue
5:30pm
to
6:30pm

Healthy Skin and the Sun

by Diane Strassberg 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

09

Tue
5:30pm
to
6:30pm

Can Your Food Choices Save the Planet?

by Diane Strassberg Sponsored By: Natural Grocers

Throughout history, civilizations that have destroyed their environments have disappeared. Industrial agriculture in the United States is destroying our environment and jeopardizing the American way of life. How can one person influence change in the face of such a problem? Farmers who raise animals on managed pasture provide a beacon of hope and a way in which your food choices can save the planet!

JUL

24

Wed
3:00pm
to
4:00pm

Quick Class: Everyday Essential Oils for Health

by Diane Strassberg 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.



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