

EVENT CALENDAR

MAY

11

Sat
11:00am
to
12:00pm

DIY Body Care for Every Body

by *Jennifer H. Hoppert* 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

18

Sat
11:00am
to
12:00pm

OMEGAs, Oh My!

by *Jennifer H. Hoppert* Sponsored By: Natural Grocers

Ever wonder what makes omega-3s so essential to our quality of life? These unique fats found in fish are vital to optimal health and play a key role in brain, heart, weight and joint health. Fortunately, you can begin to live with vitality again at any age, by adding these important fats into your daily routine. We'll discuss specific foods and supplements to help you live your best life yet!

JUN

15

Sat
11:00am
to
12:00pm

Purely Paleo

by *Jennifer H. Hoppert* Sponsored By: Natural Grocers

There's a science to going Paleo, literally! No matter where you are on the spectrum of health and wellness, The Paleo Diet can give you the ancestral "tools" you need to help you reach your goals. Explore the pure science behind The Paleo Diet and discover why what's old is new again—and just so happens to empower health along the way. Plus enjoy a Purely Paleo Recipe Demo!

JUN

29

Sat
11:00am
to
12:00pm

Paleo/Primal Salad Dressings and Dips

by *Jennifer H. Hoppert* Sponsored By: Natural Grocers

Did you know a diet containing healthy fats can support a healthy inflammatory balance? Polyunsaturated fats found in bottled salad dressings promote inflammation. Dress your greens with recipes demonstrated at this class and maintain a balanced intake of Omega 3 and 6 fatty acids which support optimal health!

JUL

13

Sat
11:00am
to
12:00pm

Radiant Skin Begins Within

by *Jennifer H. Hoppert* Sponsored By: Natural Grocers

As your body's largest organ, your skin deserves to be as nurtured and protected as much as any other part of the body—with a healthy diet tailored to its unique needs. Unlock your skin's innate ability to defend itself from the inside out against harmful UV rays and other AGE accelerating factors. Graceful aging of the skin begins within!

JUL

27

Sat
11:00am
to
12:00pm

The Ayurveda Way

by *Jennifer H. Hoppert* Sponsored By: Natural Grocers

This class is an introduction to help you discover your Ayurvedic body type (dosha). Knowing your dosha type can help maximize your health through individualizing your diet and lifestyle. Join us to learn more about balancing your dosha for achieving optimal health.



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