

EVENT CALENDAR

MAY

09

Thu
11:00am
to
12:00pm

DIY Body Care for Every Body

by Stephanie Allen 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

29

Wed
3:00pm
to
4:00pm

Healthy Skin and the Sun

by Stephanie Allen 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!

JUN

05

Wed
3:00pm
to
4:00pm

What's Grassfed Beef?

by Stephanie Allen Sponsored By: Natural Grocers

Grass fed beef has become incredibly popular, and for a good reason: It's better for you, better for the planet, and better for farmers. However, with the rising popularity of grass fed beef there has been an increase in "grass fed" products that aren't what they seem to be. Don't be fooled, learn how to spot these imposters, and discover what terms to look for when shopping for a grass-fed product.

JUN

26

Wed
3:00pm
to
4:00pm

Maximize Your Healthspan

by Stephanie Allen Sponsored By: Natural Grocers

We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? For most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your healthspan is all about learning how to put health back into your years, so you can live life to the fullest.



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