

EVENT CALENDAR

MAY

18

Sat
3:00pm
to
4:00pm

A good4u Breakfast

by *Cindy Kneale* 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!

MAY

21

Tue
6:00pm
to
7:30pm

Ukrainian Green Borscht

by *Oksana Doloman*

Many people are familiar with red Ukrainian borscht. The main ingredient is beetroot. I invite you to a cooking demonstration and tasting of Green Borscht, which also brings many benefits and joyful moments of cooking together.

JUN

01

Sat
3:00pm
to
4:00pm

Maximize Your Healthspan

by *Cindy Kneale* 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.

JUN

22

Sat
3:00pm
to
4:00pm

The Ayurveda Way

by *Cindy Kneale* Sponsored By: Natural Grocers

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

JUL

13

Sat
3:00pm
to
4:00pm

Foundational Five Supplements

by *Cindy Kneale* Sponsored By: Natural Grocers

Vitamins and minerals are essential for life and every biological process in the body is driven by a nutrient. Unfortunately, even when we try to eat healthy, most of us will not get optimal amounts of these necessary nutrients from food alone. That's where supplements come in - they help you live life to the fullest. Discover the Foundational 5 Supplements which are necessary for good health and optimal wellness.

JUL

27

Sat
3:00pm
to
4:00pm

Healthy Skin and the Sun

by *Cindy Kneale* 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!



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