

# EVENT CALENDAR

Las Cruces  
(575) 522-1711

3970 E Lohman Ave  
Las Cruces, NM88011

MAY

09

Thu  
10:00am  
to  
11:15am

## Diabetes Class with Healthy Cooking Demo

*by Southern New Mexico Diabetes Outreach*

Join this 1.5-hour diabetes class to learn about diabetes health and wellness with a healthy cooking demonstration. Don't miss this opportunity to have an open discussion and a question-and-answer period with our health team.

MAY

30

Thu  
12:00pm  
to  
1:00pm

## Health by Chocolate

*by Clifford Kinnear Jr.* Sponsored By: Natural Grocers

Hooray! Chocolate can actually be good for us. Learn how to use quality chocolate to enhance your food ...and your health. Our Nutritional Health Coach will share with you some of the health benefits of chocolate or “food of the gods.” You'll also get recipes and samples of some of our favorites.

MAY

09

Thu  
1:00pm  
to  
2:00pm

## DIY Body Care for Every Body

*by Clifford Kinnear Jr.* 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.

JUN

06

Thu  
12:00pm  
to  
1:00pm

## Healthy Skin and the Sun

*by Clifford Kinnear Jr.* 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!

MAY

16

Thu  
12:30pm  
to  
1:30pm

## What to Eat When You Can't Eat Anything

*by Linda Matorin Sweenie*

Have you been diagnosed with an autoimmune condition and told by your medical professional to avoid certain foods that can trigger inflammation, fatigue and other unpleasant symptoms? Maybe you just suspect that your body is sensitive to certain foods like gluten, dairy or soy. Join author Linda Matorin Sweenie and learn recipes and tips to help you manage food sensitivities while enjoying every bite.

JUN

27

Thu  
3:00pm  
to  
4:00pm

## Radiant Skin Begins Within

*by Clifford Kinnear Jr.* 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!





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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

# **THE RESPIRATORY ROCKSTAR\*\***

**By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.\*\***

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