

EVENT CALENDAR

MAY
11

Sat
11:00am
to
12:00pm

DIY Body Care for Every Body

by Jenna Steele 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
16

Thu
1:30pm
to
2:00pm

Quick Class: Everyday Essential Oils for Health

by Jenna Steele 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.

JUN
01

Sat
3:00pm
to
4:00pm

It's in the Air: Seasonal Irritants

by Jenna Steele Sponsored By: Natural Grocers

Problems with pollen? It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. Breathe Deeply!

JUN
08

Sat
11:30am
to
12:00pm

Quick Class: What's the Fermented Fuss?

by Jenna Steele Sponsored By: Natural Grocers

Interested in what all the fermented food fuss is about? Come to our fermented fast class and discover how you can join the good4urevolution and Learn. Eat. Dream!

JUL
13

Sat
11:00am
to
12:00pm

Don't Wing It: Plan the Perfect Party

by Jenna Steele Sponsored By: Natural Grocers

Pre-planning any event is your secret weapon to making it an event you can enjoy, too! With our tips, recipe demonstrations and ideas for the perfect party foods, you AND your guests will have more time to enjoy and spend together. Hosting is easy when you have a game plan.

AUG
24

Sat
11:00am
to
12:00pm

Kids Class: Nutrition 4 the Win!

by Jenna Steele Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.



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promotes respiratory comfort and health during
a change in seasons and year-round.****

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