

EVENT CALENDAR

Reno
(775) 448-9828

4819 Kietzke Lane
Reno, NV89502

MAY

08

Wed
12:30pm
to
1:30pm

DIY Body Care for Every Body

by *Sharon Parra Figueroa* 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

28

Tue
5:15pm
to
5:45pm

Quick Class: Cruciferous Cuisine

by *Sharon Parra Figueroa* Sponsored By: Natural Grocers

What do broccoli, kale, cabbage, and cauliflower have in common? They all belong to the family of nutritious, delicious cruciferous vegetables. Learn the best cooking methods to help maintain their nutrient density and unique flavor profiles. Cheers to an organic *Cruciferous Cuisine!*

JUN

12

Wed
2:00pm
to
2:45pm

Kids Class: Nutrition 4 the Win!

by *Sharon Parra Figueroa* 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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THE RESPIRATORY ROCKSTAR**

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

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