

# EVENT CALENDAR

MAY

20

Mon  
6:00pm  
to  
6:45pm

## Increase Your Healthspan AND Lifespan

*by Clayton Dir*

Unlock the secrets to a thriving healthspan & increase your lifespan in our upcoming workshop! Delve into the essentials of daily activity, nutrition, and addressing strength & mobility deficits that commonly lead to pain and injury. Learn actionable strategies to enhance your well-being and promote longevity. Take the first step towards reclaiming your active lifestyle in Wichita!

JUN

21

Fri  
11:00am  
to  
12:00pm

## How to Survive Today's Food Jungle

*by Sara Keraly* Sponsored By: Natural Grocers

Food today is entirely different than it was in your grandparents' day. From the way it's grown to the way it's processed and packaged (including the nutritional value), everything has changed. Knowing how to choose the highest-quality foods is key to caring for your health.

MAY

24

Fri  
11:00am  
to  
12:00pm

## Healthy Gluten-Free Living

*by Sara Keraly* Sponsored By: Natural Grocers

You'll learn the basics for the healthiest approach to gluten-free living. We will share shopping tips and cooking tips for gluten-free living, as well as advice on dietary supplements for nutritional support.

JUN

28

Fri  
11:00am  
to  
12:00pm

## Paleo Pancakes: Red, White and Blueberry

*by Sara Keraly* Sponsored By: Natural Grocers

Did you know that pancakes can be grain-free, blood sugar friendly, and DELICIOUS!? In this cooking demonstration, we will talk about the many ways we can make nutritious pancakes, plus offer ideas for tasty toppings, like fresh strawberries, coconut and blueberries. These signature red, white and blueberry pancakes will help balance your mood and energy throughout the day!

JUN

05

Wed  
5:30pm  
to  
6:30pm

## Feed Your Brain

*by Sara Keraly* Sponsored By: Natural Grocers

Do you find it hard to concentrate or focus? Feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? There are foods that can help! Learn how to incorporate these foods into brain (and overall health) friendly meals by attending this cooking demonstration.

JUL

10

Wed  
5:30pm  
to  
6:30pm

## Fight Back Against Stress

*by Sara Keraly* Sponsored By: Natural Grocers

Stress stinks. Stress is everywhere and takes a significant toll on our bodies. While it's impossible to remove all stress from our lives, incorporating a few specific nutrients and lifestyle changes can help support our ability to adapt and cope with stress.



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

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