

# EVENT CALENDAR

Brighton  
(303) 228-0409

903 S. 8th Ave.  
Brighton, CO80601

MAY

10

Fri  
12:00pm  
to  
1:00pm

## Quick Class: Everyday Essential Oils for Health

by *Tricia Towey* 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.

JUL

12

Fri  
12:00pm  
to  
1:00pm

## Quick Class: Sweet Potato Reigns Supreme

by *Tricia Towey* Sponsored By: Natural Grocers

Long live the reigning health benefits of sweet potato! A most versatile food—there are so many ways to enjoy this fall favorite: baked, mashed, pureed, or pied. Learn all about what makes sweet potato a reigning champ in the kitchen and in your health.

MAY

24

Fri  
12:00pm  
to  
1:00pm

## Healthy Skin and the Sun

by *Tricia Towey* 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!

JUL

26

Fri  
12:00pm  
to  
1:00pm

## Young at Heart: Healthy Aging with CoQ10

by *Tricia Towey* Sponsored By: Natural Grocers

Not only are you aging, but your cells are aging, too! Did you know energy, heart health, healthy aging, and more all require CoQ10 at the cellular level? Learn how to support your cells by adding CoQ10 to your daily regimen.

JUN

14

Fri  
12:00pm  
to  
1:00pm

## Quick Class: Tasty Turmeric

by *Tricia Towey* Sponsored By: Natural Grocers

What's so nutritious about turmeric, anyway? And why is it called "The Spice of Life?" We'll answer all your questions and MORE when you attend our terrific turmeric class! It takes just 30 minutes to gain some knowledge and good4u recipe ideas!

AUG

23

Fri  
12:00pm  
to  
1:00pm

## Kids Class: Nutrition 4 the Win!

by *Tricia Towey* 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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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

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