

# EVENT CALENDAR

MAY

18

Sat  
2:00pm  
to  
3:00pm

## Gelatin: A Rediscovered Superfood

by Amy Conner, BS Sponsored By: Natural Grocers

You might not have included this on your weekly shopping list, but it certainly deserves a spot. Gelatin is an underappreciated superfood that has long been a part of many traditional diets. A few quick cooking tips and you will be an expert at incorporating this nutrient-rich food into your and your family's diet.

MAY

19

Sun  
11:00am  
to  
1:00pm

## Green is LIFE!

by Melanie Lacy

Cleansing and detoxing the body does not mean you must starve. Come let me show you easy and delicious vegan (mostly raw) plant - based foods, from green drinks to a full meal even the kids will eat.

MAY

25

Sat  
2:00pm  
to  
3:00pm

## Rockstar Lung and Respiratory Health

by Amy Conner, BS Sponsored By: Natural Grocers

Our respiratory system is hard at work every day, supplying the body with the oxygen it needs to function and carry out living processes. It's also one of our first lines of defense against harmful substances and provides detoxification support, among other things. In this class, you'll learn how diet, lifestyle, & supplements can help maintain rockstar lung and respiratory health throughout your lifetime.

JUN

01

Sat  
2:00pm  
to  
3:00pm

## Sweet and Savory Grain-Free Baking

by Amy Conner, BS Sponsored By: Natural Grocers

Whether necessity or choice led you to eat grain free, this eating style is helping many experience the health benefits: less bloating, less brain fog and better sleep. This doesn't mean depriving yourself of your favorite meals. Learn easy, sweet and savory grain-free recipes that will allow you to take gluten free to the next level.

JUN

08

Sat  
2:00pm  
to  
3:00pm

## Paleo Wraps

by Amy Conner, BS Sponsored By: Natural Grocers

Are you stuck in your lunch-time rut? Break the bread habit by learning how to make a delicious Paleo lettuce wrap instead. Cooking healthy Paleo dishes doesn't need to be complicated or time consuming, it's actually quite simple! Even better, Paleo Wraps help boost your intake of healthy foods.

JUL

06

Sat  
2:00pm  
to  
3:00pm

## Quick Class: Cruciferous Cuisine

by Amy Conner, BS 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!*



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