

May

Go with Your Gut: Better Digestion, Naturally **Tuesday, May 8, 6:00 - 7:00 pm**

With Maria Noël Groves

Like any complex system, your digestive tract is affected by its internal and external environment and can get out of balance. When it does, the results can include annoying and uncomfortable symptoms. We will discuss the causes of digestive problems and how natural remedies can quickly and effectively bring digestion and elimination into better balance. Learn how herbs, spices, enzymes, and foods can help with digestive symptoms like indigestion, gas, heartburn, diarrhea, constipation, IBS, food sensitivities, and "candida."

Chillin' & Grillin' with Chef Mike **Tuesday, May 15, 6:30 - 7:30 pm**

With Chef Mike Cook

Special Location: Red River Theatres

Join our Celery Stick Café's award-winning Chef Mike as he whips up amazing marinades and rubs for your grilling season. Use these flavor-popping blends on meat or vegetables. Chef Mike will also show you how to make tantalizing cold salads to complete your summer meals. Whether you're looking for a weeknight dinner or backyard barbecue spread, these recipes will impress without a lot of fuss.

Get Your Garden Started Instantly! **Tuesday, May 22, 6:30 - 7:30 pm**

With Laura & Scott Morrison

Capital City Organic Gardeners Laura and Scott Morrison will show you how you can get a small vegetable garden prepared and planted with selected crops all in one day! It's easy, and late May is the perfect time for planting your summer vegetables. The Morrisons will provide you with

all the information you need to start your "instant" garden over the Memorial Day weekend.

June

Spring Cleaning ~ Natural Detoxification **Tuesday, June 5, 6:30 - 7:30 pm**

With Dr. Laura Riley Jones

The problem of "toxicity" has become more widely recognized over the last decade as poisonous compounds in our water, air and food supply have steadily increased. As we are continually exposed to toxins, our body's detoxification system becomes overwhelmed and toxic substances accumulate. This accumulation of toxins can wreak havoc on the body's normal processes and is often expressed through the symptoms of disease. Come learn about the importance of cleansing the body of these accumulated toxins as Dr. Laura Riley Jones teaches us how to encourage our body's detoxification processes using diet, vitamins and herbs. This lecture will focus on the important of cleansing and the necessary basics to get started on a gentle and effective cleanse program.

Intro to Organic Home Lawn Care **Tuesday, June 12, 6:30 - 7:30 pm**

With Brittany Phillips

Learn how to achieve a natural and sustainable lawn system with Brittany from Stone Blossom Landscape & Design. You can help Mother Nature provide you with a thick, lush, and green backyard where you feel safe to walk barefoot, watch your kids play, or feel good about your dog rolling around on the grass. Managing a chemical free lawn is easy when you know what your grass needs. This class will provide the basics and some practical and simple lawn care tasks that won't cost a ton of money. After you take this class and implement the skills, you'll enjoy the peace of mind that comes with knowing your lawn is safe for you and your family.

August

Keep Fit While You Sit: **Spinal Stretches for the Desk Worker** **Tuesday August 14, 6:30 - 7:15 pm**

With Dr. Sam Sanzone, D.C.

Demands of modern life may require us to spend extended periods at a computer screen; however, the Laws of Natural Healing favor a body that is in motion. In this class we will review a series of stretches designed to bring LIFE (in the form of flexibility and strength) back to your body. The best part is that they can be done right at your work station and take only minutes per day!

Herb Walk! **Identifying & Using Medicinal Wild Plants** **Tuesday, August 21, 6:30 - 7:30 pm**

With Maria Noël Groves

Special Location: McLane Audubon Center

We'll explore the trails of our local Audubon Center for wild plants that can be used for medicine and food. We're sure to come across wild berries, cherry bark, edible greens, some forest-dwelling pain relievers, and more. Maria will give tips on how to properly identify and ethically harvest wild plants.

Special Location & Registration:

To register, please contact Maria at office@wintergreenbotanicals.com or 603.340.5161. We will meet the McLane Audubon Center parking lot. The walk is free, but a \$3 donation to the NH Audubon is recommended for the use of its trails.

Classes are subject to change or be rescheduled due to construction. If this occurs, we will contact registered students to let them know.

Class Details Subject to Change

Visit www.concordfoodcoop.coop/classes.php for more!

How Do I Register?

CALL the Co-op at 603.225.6840

EMAIL classes@concordfoodcoop.coop

(please include your phone number in the email)

or

SIGN UP at the Co-op Express Register

**Preregistration Required
Space is Limited**

(Note: Special registration is noted for some classes. See inside for details.)

About Our Classes

Unless Otherwise Stated, All Classes are...

Free!

and

Take Place at the Celery Stick Café
at the Concord Co-op

Learn More

For more classes and information about
the Co-op's Wellness Educators, visit

WWW.CONCORDFOODCOOP.COOP

Don't Miss these Events!

Spring into Healthy Living Fair

Saturday, May 12, 10 am - 2 pm

At the Concord Cooperative Market

Celebrate spring with samples of local, natural foods and products, wine and other great treats. Listen to live music, pet barnyard animals, and bring the kids for fun activities. Numerous giveaways will be available throughout the day. This year will be so big, we're closing down the street! Free and open to the public, rain or shine. Please bring a canned good to donate to the NH Food Bank.

Rock 'N Race - Join Our Team!

Thursday, May 17, 6:20 pm

Downtown Concord (begins near State House Lawn)

Join The Co-op Squashbucker team for this fun run/walk in support of Concord Hospital's Payson Center for Cancer Care. www.rocknrace.org.

Member Appreciation (MAD) Weekend

Saturday & Sunday, May 19 & 20

At the Concord Cooperative Market

Members save 10% off! Can't make the weekend? Sale starts the preceding Friday at 4 pm.

Red, White & Blues Wine Tasting

Thursday, July 26, 6-8 pm

At the Concord Cooperative Market

Celebrate summer at our free Red, White & Blues Wine Tasting! Jive to live music while sampling an array of fabulous wines and outstanding appetizers. This summer festival is free and open to the public, rain or shine. Please bring a canned good to donate to the NH Food Bank. No reservations or tickets necessary - just drop by!

Wellness Classes at the Co-op

May | June | July

FREE Classes including...

- Better Digestion, Naturally
with Maria Noël Groves
- Chillin' & Grillin' with Chef Mike Cook
- Get Your Garden Started Instantly!
with Laura & Scott Morrison
- Spring Cleaning Detoxification
with Dr. Laura Riley Jones
- Organic Home Lawn Care
with Brittany Phillips
- Keep Fit While You Sit: Desk Worker
Spinal Stretches with Dr. Sam Sanzone
- Herb Walk! Wild Medicinal Plant
ID & Use with Maria Noël Groves



Where is the Concord Co-op?

24 South Main Street
Concord, NH 03301

Details, Directions & More:

www.concordfoodcoop.coop