

Wellness Class Schedule



Spring 2010 Class Schedule

The Wellness Educators are Concord-area natural health practitioners who volunteer to teach classes that educate the public on holistic self-care. Classes are free and take place at the Celery Stick Café at the Concord Cooperative Market (unless otherwise stated). **To register, call the Co-op at 225-6840 or email classes@concordfoodcoop.coop.**

March

Have No Fear, Spring is Near

Tuesday, March 16, 6:30 - 7:30 pm

Dr. Tobi Sheiker, D.C., Chiropractor

Allergies afflict many people during the change of seasons, but especially as we approach the spring. Learn ways to prevent and manage allergies using foods, herbs, cleanses, etc.

Discover the Best-Kept Secret: No Knead Bread

Thursday, March 18, 6:00 - 7:00 pm

*Hilary Warner MPH, RD, LD,
Licensed/Registered Dietitian*

In this class you'll learn how to make crusty, hearty, European-style bread. You won't believe you can make bread this good until you try it! It transforms lives!

Vaccines for Dogs and Cats:

What's New in 2010

Tuesday, March 30, 6:30 - 7:30 pm

*Dr. Katherine Evans, DVM, CVA,
Holistic Veterinarian*

This class will provide pet owner with the latest information on vaccinations for their dogs and cats. Risks and benefits will be discussed, along with available antibody blood testing.

April

Yoga Nidra:

Take Your Meditation Lying Down

Saturday, April 17, 2:00 - 4:15 pm

*Jim Readey, Kripalu-Certified Yoga Teacher,
Holistic Health Instructor*

Special Location: *The Yoga Center, 28 S. Main Street, 3rd Floor (next to the Co-op)*

In Spring, Nature undergoes some remarkable transformation. We humans also have the natural ability to transform ourselves as we engage the world around us. Each of us innately knows how to navigate even the most difficult challenges ... and come out the other side wiser, stronger, and more joyful. Join senior Kripalu yoga teacher Jim Readey for a thoroughly relaxing, user-friendly meditation experience that will lead you back to the joy that rests patiently beneath the surface. Lying down or sitting comfortably, you will be gently guided to explore your deeper interior through a technique called yoga nidra. Your journey will help dispel the mystery surrounding meditation, and you will leave feeling refreshed, more fully alive -- and even, perhaps, with new insights into you life. All are welcome! **To register for this class, please call Jim at 226-0680 or email yogaphile@yahoo.com.**

Makin' Gnocchi: Easy Potato Pasta from Scratch

Wednesday, April 28, 6:00 - 7:30 pm

Chef Mike Cook, Head Chef, Celery Stick Café

Learn how to make gnocchi in minutes. This potato-based pasta is easy to make and doesn't require any fancy equipment. Chefs Mike and John will also show you how to make some basic sauces to go with your gnocchi. You'll be able to take some home for dinner! **\$10 per person. Prepayment required at the time of registration. Fees are nonrefundable. Limited to 12 people.**

May

The Beautiful Skin Menu

Tuesday, May 18, 6:15 pm - 7:30 pm

Dr. Nicole Taylor, N.D., Naturopathic Doctor

Beautiful skin starts from the inside. Signs of aging, acne, dry skin, oily skin, rosacea and many other skin conditions are, most of the time, caused by what is going on inside our body. What we put in our body has as much effect on our skin's condition as the products we put on our skin to help keep it feeling and looking healthy. This class will focus on foods that promote healthy skin, as well as conditions in the body that may be the cause of imbalanced skin. Dr. Taylor will also talk about easy to follow skin care regimens for different skin conditions.

June

From Bulk Bin to Table: Transforming Whole Grains into Delicious Summer Meals

Hilary Warner MPH, RD, LD, Dietitian

Thursday, June 3, 6:00 - 7:00 pm

In this class you will learn what makes whole grains so great nutritionally and discover how to use them to make delicious meals and snacks. You will take home a variety of tasty summer recipes using quinoa, wheat berries, bulgur, wehani, oats, millet, and barley.

Herb Walk! ID & Use Medicinal Wild Plants

Thursday, June 10, 6:00 - 7:00 pm

Maria Noel Groves, Clinical Herbalist

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. **To register for this class, please call Maria at 268-0548 or email office@wintergreenbotanicals.com. This is a free herb walk, but a \$3 donation to the Audubon is recommended.**

The Power of Positive Thinking

Tuesday, June 15, 6:45 - 7:30pm

Dr. Sam Sanzone, D.C., Chiropractor

Scientific evidence has established direct links between our thought process and our body's physiology which can impact the strength of our immune response as well as our susceptibility for chronic disease. In this workshop, we will explore ways to recognize non-productive thought patterns and introduce fun, easy alternatives.

Unless Otherwise Stated:

**Classes are free and take place at the Celery Stick Café
at the Concord Cooperative Market**

24 South Main Street, Downtown Concord, NH

Preregistration Required - Space is Limited

To register for a class, call the Co-op at 225-6840 or email classes@concordfoodcoop.coop

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

www.concordfoodcoop.coop

And Don't Miss...

THESE UPCOMING EVENTS AT THE CO-OP!

Spring Into Healthy Living Fair

Saturday, April 17, 10 am - 2 pm

Free & Open to the Public

A Night in Sicily

Thursday, May 6, 6-8 pm

RSVP, \$10 Members/\$15 Non-Members

Summer White Wine Tasting

Thursday, June 24, 6-8 pm

Free & Open to the Public

Market Days (Downtown Concord)

Thursday - Saturday, July 15-17

Free & Open to the Public