

# Upcoming Wellness Event:

JANUARY  
**22**

## HERBS TO STIMULATE & SUPPORT DIGESTION

Concord Co-op Cafe | 5:30 PM-6:30 PM

In this free class, Maria Noel Groves will focus on herbs that enhance and support healthy digestive function including digestive bitters, aromatic carminatives, and sours. She will share how each category of herbs benefits digestive function, why this aids overall health, and feature a few favorite examples of each—such as ginger, fennel, dandelion, and chamomile. Learn how, why, and when they work best as well as recipe tips and tricks.



Tuesday  
FEBRUARY  
**17**

## THE BASICS OF PLANT-BASED NUTRITION

The Hotel Concord | 4:30 pm-5:30 pm

Discover how simple, delicious, and empowering plant-based eating can be with Jenny Cheifetz, wellness coach from The Flirty Vegan. This beginner-friendly workshop introduces the core principles of a whole-food, plant-based lifestyle—without overwhelm or restriction. Whether you're "veg-curious," working toward better health, concerned for the animals, environmentally-conscious, or wanting to eat more nourishing foods, this class offers guidance, practical tips, and supportive inspiration.



## Stay in the loop!



@concordfoodcoop



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Concord Food Co-op



**5.49**

Root Foods  
Vegetable Chips  
Assorted Flavors  
2.5 oz

**NEW YEAR,  
NEW SNACKS!**

In need of a New  
Year's resolution?  
Commit to eating  
local, organic  
foods with a Co-op  
membership!

Protein  
Packed Foods



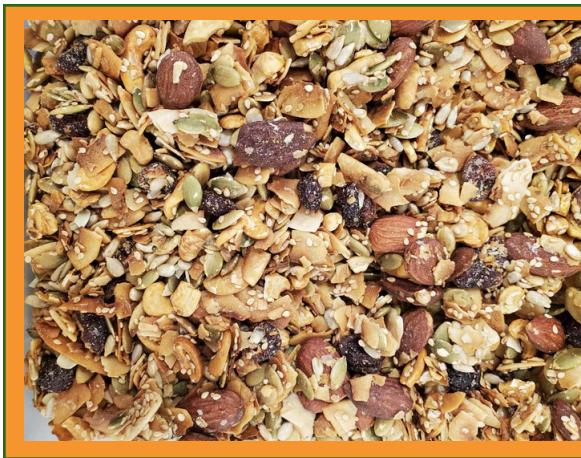
**4.49**

Yankee Farmer's Market  
Buffalo Snack Stick  
1.74 oz



**4.49**

Drink Wholesome  
Protein Powder  
Select Single-Serve Flavors



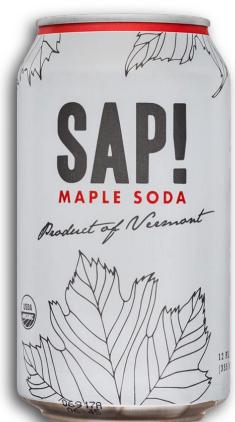
**13.99/lb**

Back Roads Granola  
Select Varieties  
Found in the Bulk Section

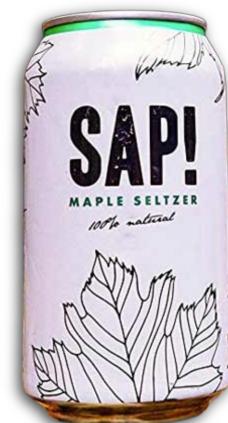


**7.99**

Belvoir  
Select Lemonades  
25.4 fl oz



**9.99**  
Sap  
Maple Soda and Seltzer  
4 - 12 fl oz cans



**11.99**  
Mind Your Manna  
Fire Brew  
Unsweetened  
8 fl oz



**9.49**  
Boiron  
Throat Calm  
60 ct

**2.49**

Sappo Hill Soap  
Glycerin Cream Oatmeal  
Soap  
3.5 oz

Give me granola!

Shop the  
wellness  
section for  
all-natural  
essentials!

Drinks for Every  
Occasion



**6.49**  
Seaweed Bath Co.  
Hand Cream  
Rosemary Mint  
2 fl oz

