

Upcoming Wellness Events

APRIL
3

CO-OP KIDS CORNER!

📍 Co-op Cafe | 9am - 10am

Little artists are invited to hop into the Co-op cafe for an eggs-traordinary time. Decorate your own bunny to welcome spring into your home. Supplies will be provided! Parents/guardians in attendance will receive a free coffee.



Tuesday
APRIL
21

IMMUNITY BOOSTING FOODS

📍 The Hotel Concord | 5:00 pm - 6:00 pm

Join life and health coach Ellie Hyvonen to learn about what a strong immune system actually looks like, what could be depleting your body without you knowing, and how to boost your immune system through the foods you eat.



MAY
9

GROWING LION'S MANE

📍 Concord City Wide Community Center | 10-11 AM

Join Paul Rooney, a licensed acupuncturist, for this hands-on workshop on growing Lion's Mane mushrooms from culture to harvest. Leave with a fully inoculated Lion's Mane grow bag and gain the tools to fruit these brain boosting mushrooms.



MAY
9

GROW & GATHER

📍 Concord Co-op Location | 10am - 12pm

Kick off spring with a Saturday morning seed swap and breakfast in our parking lot! Bring extra seeds or small garden tools to trade, get inspired for your garden, and enjoy a breakfast sandwich, muffin, or burrito. *You might even find the perfect Mother's Day gift!*



MEMBER Deals

Exclusive member only deals

APR
2026



1.59

Natural Value
Scouring Pads
2 ct



1.19

Natural Value
Scouring Sponge
1 ct



0.99

Field Day
Baking Soda
16 oz



4.19

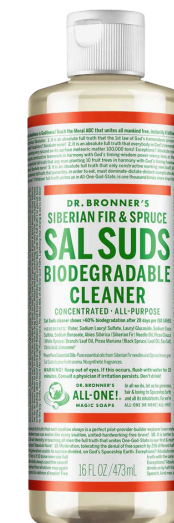
Field Day
White Vinegar
64 fl oz



5.99

Full Circle
Dish Brush
1 ct

Spring cleaning
essentials



12.99

Dr. Bronner's
Sal's Suds
Biodegradable Cleaner
32 oz





8.99
Cafe Spice
Select Flavors, 16 oz

Find in the
freezer
section



19.99
Pot Pie Bar
Pot Pie, Vegetable
35 oz

20.99
Pot Pie Bar
Pot Pie, Chicken
35 oz



7.49
Black River Meats
Bacon
12 oz



5.99
Maine Family
Farms
Dozen Eggs



5.49
Swain Legacy
Farm
Whole Milk
64 oz

Spring picnic
must haves



17.99
The Pinot Project
Rose
750 ml



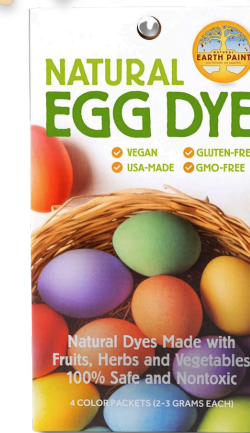
28.99
Klean Kanteen
Select TKWide Bottle
12 oz or 16 oz



9.99
We Love Gluten Free
Chocolate & Vanilla
Cupcakes, 4 ct



4.99
Earth Paint
Natural Egg Dye
4 Color packets



9.99
Earth Paint
Wooden Egg Kit



4.99
Pacha Soap Co
White Blossom & Fig
Bath Bomb, 5 oz



9.99
Plymouth Cheese
Sage & Herb Cheddar
8 oz

9.99
Elmore
Mountain Farm
Goat's Milk Lotion
Unscented
8 oz



9.99
Moon Valley
Organics
Rejuvenating Rub
1.7 oz



7.99
EO
Hand Sanitizer
French Lavender
8 fl oz



29.99
Gaia Herbs
Turmeric Supreme
60 ct



14.99
Sunsoil
Better Sleep
Gummies
60 ct



14.99
Sunsoil
Energy Boost
Gummies
60 ct