

Classes @ the Co-op!

february

Better Than Sugar Chocolates

Wednesday, February 13
11am-1pm
In-Store Demo

Taught By: Stephanie Ewals
Class Fee: No Charge

Stop in and taste a few chocolate recipes using alternative sweeteners and oils that will make your sweet tooth and your heart happy! Samples and recipes will be available.

Nutritional Detoxification

Monday, February 25,
6:30-8:30pm
Senior Activity Center

Taught By: Stephanie Ewals
Class Fee: \$8 Owners, \$10
Non-Owners

Learn how to use food to keep your body working and detoxifying as it is naturally supposed to.

march

It's Time For Your Green Drink!

Friday, March 1, 11am-1pm
In-Store Demo

Taught By: Stephanie Ewals
Class Fee: No Charge

Let's start off St. Patrick's Day month with a few healthy smoothie recipes that include those healthy and delicious greens! Samples and recipes will be available.

Herbal First Aid for Tick Bites

Saturday, March 30, 10am-12pm
Senior Activity Center

Taught By: Monarda Thrasher
Class Fee: \$10 Owners, \$12
Non-Owners

In this workshop, we will explore holistic first aid care for tick bites, including using herbs internally and externally, homeopathics, essential oils, and diet. Participants will have the opportunity to buy a "first aid tick bite kit". Class cost is \$30 with "tick kit" (includes \$30 worth of medicine).

april

Spring Cleaning with Essential Oils

Wednesday, April 3, 6-8pm
Senior Activity Center

Taught By: Terra Drude Johnson

Class Fee: \$10 Owners, \$12 Non-Owners
Join Terra from Pranarom, a local essential oils company, to learn which essential oils can help us rid our homes of toxic cleaners, rejuvenate our tired winter skin, and start the detox before spring.

Cooking from the Bulk Department

Friday, April 19, 11am-1pm
In-Store Demo

Taught By: Stephanie Ewals
Class Fee: No Charge

Stephanie will demonstrate some delicious, low-cost skillet meals using only items from the bulk department (and maybe a veggie). Samples and recipes will be available.

Food As Medicine

Monday, April 22, 6:30-8:30pm
Senior Activity Center

Taught By: Karri Tidwell
Class Fee: \$12 Owners, \$15
Non-Owners

There's a reason Hippocrates said, "let thy food be thy medicine and medicine be thy food". It's been known for ages that eating what comes from the earth is essential to our health and wellness. Inspire and empower yourself with the knowledge of foods to restore your body back into balance. We will also touch on healing foods for spring as we prepare for this cleansing phase of the season.

may

Spring Salads & DIY Dressing

Wednesday, May 15, 11-1pm
In-Store Demo

Taught By: Stephanie Ewals
Class Fee: No Charge

Stephanie will make a couple delicious salads and dressings to help us kick-start our lighter summer menus! Samples and recipes will be available.

Herbs for Women's Health

Saturday, May 18, 10am-12pm
Senior Activity Center

Taught By: Monarda Thrasher
Class Fee: \$10 Owners, \$12
Non-Owners

In this workshop, participants will learn about 10 herbs for women's wellness and how to use them. We will discuss herbs for all cycles of the woman's lifetime. Monarda will also demonstrate how to make a tincture and a tea, and you will be able to take home a custom tea blend.