



FREE WELLNESS EDUCATION Events

AUGUST

Nutrition Consultations with Nutrition Educator Misty Humphrey

Every Tuesday, Wednesday & Friday — 3:00–6:00PM

A free 45 minute private consultation focused on your nutrition goals. Increasing your whole food index through plant strong nutrient dense whole foods, weight loss, the family table, menu recommendations and any other nutrition subject you may want to discuss. By appointment: misty.humphrey@wholefoods.com. No consultations 8/5.

Gluten Free Lecture & Tour

8/3 & 8/18 — 12:00-1:00PM & 8/20 — 10:00-11:00AM

With 3 out of 10 people gluten intolerant and 1 out of 133 people afflicted with celiac disease, this lecture will show you why this protein may be at the root of discomfort many are experiencing today. You will be guided on a store tour showing you a multitude of options available to those embarking on life after gluten intolerance. Samples provided!

Preventing & Reversing Diabetes

8/3 & 8/31 — 6:30–7:30PM

Diabetes is a growing epidemic in the United States. Dr. Kimberly Hoffman will outline key strategies for controlling blood sugar and discuss how to effectively prevent and manage diabetes.

Senior Nutrition Club

Tuesdays: 8/9 & 8/23 — 10:30-11:30AM

Join Misty for lectures and store tours as we discuss the nutrition needs of Seniors. Age related changes in body composition and metabolism require seniors to keep a sharp eye on their foods choices. This will be an interactive class with topics like digestion, bone health, cooking for one, shopping on a budget and so much more.

Healthy Eating 101

8/10 — 6:00-7:00PM

Join Misty, Nutrition Educator for a fun filled lecture on Healthy Eating 101. Learn the importance of whole food nutrition and its role in optimal health.

How to Build a Strong Bone Bank

8/11 — 6:30–7:30PM

This class will cover a seven-step program to add elasticity and strength to your musculoskeletal system. Learn the importance of proper hormone function and trace minerals to constructing healthy connective tissue. Presented by Dr. Harvey Eckhart M.S.D.C.

Anti-Aging & Sleep

8/15 — 6:30–7:30PM

Puffy eyes, crinkly skin, foggy brain, and even weight gain can be caused by lack of sleep. In this educational and informative talk, learn how to sleep better and be younger without drugs or surgery! Presented by Stella Park, Doctor of Naturopathic Medicine. <http://stellaparkhealth.com>

Hormone Balance for Women during Peri/Menopause

8/17 — 6:30–7:30PM

Dr. Kimberly Hoffman will discuss the synergistic effects of *all* of the body's hormones and ways to keep your hormones balanced naturally.

Headache Cessation

8/18 5:30-6:30PM

There are many causes and treatments for headaches and you may have tried some or all of them including standard chiropractic. Don't give up on getting help. You need to experience Dr. Denny's Occipital Lift Adjustment. It is frequently the key to unlocking the sub occipital joints, a major cause of persistent, even disabling headaches. Dr. Denny will demonstrate the occipital lift on plastic and live models. He will also demonstrate biofeedback muscle relaxation technology.

Never Yo-Yo Diet Again!

8/20 — 3:00–4:00PM

Learn how to rebalance your metabolism to build strong lean muscle and naturally burn fat. Learn a healthy lifestyle so you never have to diet again. Presented by Cheryl Parker.

Understanding Pet Vaccines

8/22 — 6:30–7:30PM

Join Nikki, Veterinary Assistant, as she discusses how vaccines work. Learn how to stay on schedule and the best choices for your pet's lifestyle.

ADD/ADHD Food & Focus

8/23 — 6:00–7:00PM

Join Misty as you learn the connection between food, digestion and ADHD. This lecture will provide you with the latest research and information regarding food sensitivities and the effects on your brain. Children and adults included, so many are suffering poor focus and cognitive function. As a child who suffered ADHD, Misty has a very personal story she will share with her results!

Home Ecology

8/24 — 6:30–7:30PM

This class will cover how simple things like a gas stove may contribute to depression and how items used in personal care, including home cleaning products, can pose a threat to your health. What is electromagnetic energy / radiation and how does it affect your cell's metabolism and function? Presented by Dr. Harvey Eckhart M.S.D.C.

Gluten Intolerance Group of Sonoma County

8/25 — 6:00–7:00PM

Join us for the Gluten Intolerance Group of Sonoma county hosted by Dr. Justin Hoffman. This is an interactive support group which encourages community support and education, recipe sharing, shopping tips, and more. Open to the public, no membership or diagnosis required — share, inspire and learn.

Whole Kids Nutrition Club

8/27 — 11:00-12:00PM

It's almost Back to School time! Join Nutrition Educator Misty as she gives us tips and tricks for packing a tasty, nutritious lunch for back to school. This class will be focused on training children in taking responsibility for their daily food choices outside the home. Kids of all ages welcome. Reservations requested: misty.humphrey@wholefoods.com

Teen Weight Loss Group

8/27 — 2:00-3:00PM

As an 85lb. weight loss maintainer, our nutrition educator Misty understands the struggles of losing weight. This monthly class/support group is designed especially for teens to show them how to make healthy choices both at home and during social pressure.

Raw Superfoods with Bauman College

8/29 — 6:00-7:00PM

Ever wonder how you can satisfy your sweet tooth without experiencing negative effects to your blood sugar levels? This inspiring talk with Bethanne will show you how to make low-glycemic, healthier versions of the tasty drinks reminiscent of your childhood. The recipes are nutrient-dense, deeply satisfying, and will dramatically improve your health without taking any pills. If you're curious how to incorporate organic raw superfoods into your regular diet without changing around your entire routine, you'll find this class to be richly rewarding.

Ignite the Spark! Get your Thyroid Firing on All Cylinders

8/30 — 6:30-7:30PM

Learn how to care for your metabolism. This class will educate you on thyroid friendly foods and supplements, as well as what to avoid that may stress your thyroid, disrupting hormone production with Dr. Harvey Eckhart, M.S. D.C.

See over for September listings ...

All classes held in the Wellness Center at Whole Foods Market,
390 Coddington Mall, Santa Rosa

SEPTEMBER

Free 10-Minute Massages

Sundays: 2:00-6:00PM • Saturdays: 11:00-2:00PM

Provided by Students from National Holistic Institute: www.nhi.edu

Gluten Free Lecture & Store Tour

9/1, 9/10, 9/15 — 11:00AM-12:00PM

With 3 out of 10 people gluten intolerant and 1 out of 133 people afflicted with celiac disease, this lecture will show you why this protein may be at the root of much discomfort many are experiencing today. You will be guided on a store tour showing you a multitude of options available to those embarking on life after gluten intolerance. Samples provided!

Kick Your Sugar Addiction

9/6 — 6:00-7:00PM

Sugar Addicts unite! Overcoming sugar addiction can be difficult and for some may seem impossible. There are a few different causes of sugar addiction that you may not be aware of. Join Misty our Nutrition Educator as she shares valuable tips and supplement recommendations for kicking the sugar habit once and for all.

Daily Doses of Laughter and Music as Stress-Busters

9/7 — 6:30-7:30PM

Laughter may make you healthier by suppressing stress hormones and elevating immune system antibodies! Come and be tickled by their effects! This class will be a toe-tapping, finger snapping fun class! Join us for a giggle with Dr. Harvey Eckhart M.S., D.C. <http://lifelongwellnessonline.com>

Truth in Beauty Know your Label

9/8 — 3:00-8:00PM

Join us in the Wellness Center as MoonEssence give us the FREE hands on step-by-step guide to an effective daily facial regime. Learn proper techniques to improve your skin and knowledge of MoonEssence's organic skin care ingredients.

Whole Kids Nutrition Club

9/10 — 1:00-2:00PM

Join Misty our Nutrition Educator for "Whole Kids Nutrition Club", an interactive group for children 6-12 to learn how to take charge of their own nutrition for a life time of good health and the prevention of illness. In this class, we will learn how to pack a healthy school lunch. Parent participation and space reservation is requested. e-mail your reservation to: misty.humphrey@wholefoods.com

Anti-aging and stress with Dr. Stella

9/12 — 6:30-7:30PM

The more you stress, the quicker you age. The good news is that your resiliency against stress helps to slow down your aging process. In this educational talk, learn how to manage your stress and stay young! <http://stellaparkhealth.com>

Senior Nutrition Club

9/13, 9/27 — 10:30-11:30AM

Join Misty in the Wellness Center on the 2nd and 4th Tuesday for our. Topics include Shopping on a Budget, Senior Nutrition Needs, Cooking for one and so much more!

Getting out of the PMS Cycle with Dr. Melissa Patterson

9/13 — 6:30-7:30PM

Do you get blue during PMS or do you become a crazy woman? Whatever your type of PMS Dr. Melissa Patterson will help you navigate your hormones and re-gain sanity during the time before your period. <http://drmpatterson.vpweb.com>

My Healthy Family

9/14 — 11:00AM-12:00PM

Join Misty for lectures and store tours focusing on healthy families. This interactive group will focus on recipe sharing, shopping for a family on

a budget, school lunch ideas, the picky eater and other matters related to family nutrition. This class is meant to be interactive including your children for special demos and samplings. Reservations requested: misty.humphrey@wholefoods.com

Feel Great with Healthy Adrenals!

9/15 — 6:30-7:30PM

Our adrenal glands run our metabolism, allow us to deal with stress and impact our sex hormones. Adrenal fatigue, other common adrenal problems and safe and effective over-the-counter treatments will be discussed with Dr. Alan McDaniel, M.D. <http://gordonmedical.com>

Senior Nutrition Education

9/17 — 11:00AM-12:00PM

Join Misty Nutrition Educator as she discusses the nutrition needs of seniors. Whether you're a senior cooking for yourself or are caring for a senior, this informative class will help you meet the changing nutrition needs.

Emotional, Mental and Spiritual Messages That Underlie Illness

9/18 — 1:00-2:00PM

Join Dr. Polak as she discusses how to understand the emotional, mental and spiritual messages that underlie illness... so you can create true well being for life! <http://www.drlaurapolak.com>

Re-thinking table scraps for your pet

9/19 — 6:30-7:30PM

Come discuss "healthy human food" with Veterinary Assistant Nikki. She will be discussing which foods are safe and enriching, but warn you of those that can be toxic for your pets.

Supercharge Your Fat Metabolism- Unlock the `Secrets to the Hormone "Leptin"

9/20 — 6:30-7:30PM

Cutting-edge scientific research will enable you to understand how to eliminate cravings, fight inflammation, lose weight and reprogram your body to keep it off. Presented by Dr. Harvey Eckhart M.S., D.C. <http://lifelongwellnessonline.com>

Rebalancing Hormones during peri/menopause

9/21 — 6:30-7:30PM

Dr. Kimberly Hoffman, ND will discuss the hormonal changes that occur in a woman's body during menopause and why women are at greater risk for cardiovascular disease, stroke, and other chronic diseases during this transitional stage. Come learn how to keep your hormones balanced and avoid hot flashes, weight gain, depression, brain fog, and other "menopausal" symptoms. <http://www.truehealthmedicine.com>

Kitchen Pharmacy

9/27 — 7:00-8:00PM

Your kitchen is the first step to building good health. How to stock your kitchen so you enjoy optimal health and restore your digestion, to better manage your immune responses. Presented by Ayurvedic practitioner, Mamta Landerman CAS. For more info: <http://ayujyoti.com>

Healthy Eating 101

9/28 — 6:00-7:00PM

Join Misty, Nutrition Educator for a fun filled lecture on Healthy Eating 101. Learn the importance of whole food nutrition and its role in optimal health.

Gluten Intolerance Group of Sonoma County

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Join us for the Gluten Intolerance Group of Sonoma County hosted by Dr. Justin Hoffman. This is an interactive support group which encourages community support and education, recipe sharing, shopping tips, and more. Open to the public, no membership or diagnosis required-share, inspire and learn. <http://truehealthmedicine.com>

~ All classes held in the Wellness Center at Whole Foods Market, 390 Coddington Mall, Santa Rosa ~

For classes that require registration, please email: misty.humphrey@wholefoods.com
Find updated or additional event information — visit: wholefoods.com/stores/coddington

or find us on Facebook



facebook.com/wfmcoddington