



FREE WELLNESS EDUCATION Events

OCTOBER

Free 10-Minute Massages

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

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

Nutrition Consultations with Nutrition Educator Misty Humphrey

Tues. Wed. Fri. 3-6pm

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

Weston A Price Foundation Presentation

10/4 — 6:00-7:00PM

Join Anne Fischer Silva as she shares with us, the principles of Dr. Weston A. Price, nutrition pioneer, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets.

Irritable Bowel Syndrome: Understanding the Importance of Digestive Health

10/5 — 6:30-7:30PM

10-20% of the general population is diagnosed with Irritable Bowel Syndrome (IBS), yet most "learn to live with it". This lecture will discuss the "missing link" to effective treatment and provide strategies that will help you resolve your IBS symptoms, and also prevent their recurrence.

Gluten Free Lecture and Store Tour

10/6 — 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!

Whole Foods Monthly Weight Loss Support Group

10/8 — 11:00AM-12:00PM

Join Misty, our nutrition educator and 85lb. weight loss maintainer on the first Saturday of every month for the Whole Foods monthly weight loss support group. We will begin with a weigh in/measure and focus on goals, recipe and menu ideas and talk about the latest trends in diet and weight loss.

Anti aging and Diet with Dr. Stella

10/10 — 6:30-7:30 PM

In this Anti-aging Lifestyle series, we take a look at what you are currently eating that accelerates the aging of your body and mind. We discuss nutritional ways to support your youth and vitality regardless of age. stella.naturopath@gmail.com.

How to communicate better with your liver, the "great detoxify-er"

10/11 — 6:30 PM-7:30 PM

The hardest working organ in your body! This class will explain what a person can do to help and minimize harm to their liver. All 5 organs of elimination will be covered. Presented by Dr. Harvey Eckhart. www.LongLifeWellnessonline.com

Live Water and Sustainability

10/12 — 6:30-7:30PM

Is water a commodity or a medicine? What kind of water do you drink? What are the qualities of healing water? Water and radiation, what you should know about it. Dr. Oona Moorier.

Rejuvenate Your Tired Adrenal Glands with OTC Supplements

10/13 — 6:30-7:30PM

Join Dr. Alan McDaniel as he discusses Adrenal health. The adrenal glands regulate our metabolism, help us respond to stress and more. They can become fatigued and unable to perform efficiently, resulting in undiagnosed chronic fatigue. Knowledgeable supplement use can correct this. <http://gordonmedical.com>

Gluten Free Lecture and Store Tour

10/15 — 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!

Mindfulness Based Stress Reduction

10/17 — 6:30-7:30PM

The Mindfulness Based Stress Reduction class is designed to teach mind and body awareness techniques to help participants to live with physical or psychological/emotional symptoms due to stress, pain, or illness. The tools taught can help one feel better, sleep better, and increase enthusiasm for life and work. Come join us in this gentle, unfolding experience.

Your Body's Secret Language Revealed

10/18 — 7:00-8:00PM

Most people are so stressed out, overworked, overwhelmed that they're in pain, irritable and depressed and have lost clarity and passion for what they really want in life. But it doesn't have to be that way! Your body is ALWAYS communicating to you about your life direction. But are you listening? What does listening mean and HOW do you do it? Find out in this powerful and inspiring workshop with Dr. Laura Polak, D.C. <http://drlaurapolak.com>

Whole Kids Nutrition Club

10/22 — 12:00-1:00PM

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 lifetime of good health and the prevention of illness. In this class, we will learn how to increase our greens through smoothies. Parent participation and space reservation is required. email your reservation to: misty.humphrey@wholefoods.com

Teen Weight Loss Group

10/22 — 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. email your reservation to: misty.humphrey@wholefoods.com

Holiday Depression and the Nutrition Connection

10/25 — 6:30-7:30PM

Depression is characterized as a condition with emotional instability, lack of energy, ambition, and mood swings. Learn how a rotation diet and the specific nutrients that can help you eliminate food cravings during the holidays and strengthen your ability to avoid the ups and downs and symptoms of depression with Dr. Harvey Eckhart. <http://longlifewellness.com>

The Joy of Essential Oils

10/26 — 6:00-7:00PM

Live Essential Oils are incredibly therapeutic. Learn the medicinal and emotional benefits that produce balance and prevent disease naturally, without taking harmful pharmaceuticals, and create a clean, healthy home environment without noxious chemicals. Presented by Clinical Aromatherapist-Lyn Kwitt. <http://thejoyofessentialoils.com>

Gluten Intolerance Group of Sonoma County

10/27 — 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. This month's meeting will include GF pizza samples and smoothies!

NOVEMBER

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Get Relief from Gas, Bloating, Diarrhea, and Constipation!

11/1 — 6:30-7:30PM

Embarrassing gas? I can help! Painful constipation? You've come to the right place. Disturbing diarrhea? Relief is on its way! Unattractive bloating of the stomach? Don't buy new pants yet...come to Dr. Helen Mary Thomas' FREE class before you head to the mall for those new stretchy pants! <http://indigestionguru.com>

Stress & Hormones with Anne Fischer Silva

11/3 — 7:00-18:00PM

Stress comes in many forms and can create imbalances of our hormones. Come learn about these different stressors and how you can ensure that your hormones - thyroid, adrenal, and sex hormones - stay healthy and properly regulated. <http://anewleafnutrition.com>

Gluten Free Lecture & Store Tour

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Anti aging and Diet with Dr. Stella

11/7 — 6:30-7:30 PM

Use it or Lose it! That is how your body is designed to operate. If you don't use a particular muscle, it will weaken and get smaller. Learning how to exercise is a key factor in staying young. Presented by Dr. Stella Park, ND. 707-320-1682

Ayurvedic Vegan Cooking for a Holiday Meal

11/8 — 7:00-8:00 PM

Ayurveda has a rich history of vegetarian dishes and meets the body's needs for not only a balanced diet but also one that pleases one's sensory experience and satiates the need to celebrate with food, a nurturing gift from Mother Earth. Presented by Ayurvedic practitioner, Mamta Landerman CAS. Mamta Landerman is both a teacher and a practitioner of Ayurveda. She was the President of the California Assoc. of Ayurvedic Medicine (CAAM) for five years and produced two International Symposia at UC Berkeley. For more info: www.ayujyoti.com

Senior Nutrition Club

11/8 & 11/22 — 10:30-11:30AM

Join Misty in the Wellness Center. Topics include shopping on a budget, senior nutrition needs, cooking for one, and so much more!

See the Qi with Computerized Digital Meridian Imaging

11/9 — 6:30-8:30PM

Join us for a free introduction to meridian screening, with Licensed Acupuncturist Jay Callender. Computerized Digital Meridian Imaging is painless, and will be used to measure, analyze, and document the energetic balance/status in the acupuncture meridians. Understanding the energetic condition of the meridians enables one to make better lifestyle, and nutritional choices to achieve optimal health. 707-573-8202

Sensible Ways to Reduce Stress Before the Holidays

11/10 — 6:30-7:30PM

In this fun class we will experiment with various therapeutic oils to decide which ones will help you de-stress and stay centered through this

busy season, plus tips on uses and inexpensive gift ideas for relaxation and rejuvenation. Presented by: Lynn Kwitt CCA, RMT, CWC <http://thejoyofessentialoils.com>

Headache Elimination with Dr. Denny

11/10 — 5:30-6:30PM

There are many causes and treatments for headaches, and you need to experience Dr. Denny's Occipital Lift Adjustment and biofeedback muscle relaxation technology.

Monthly Weight Loss Support Group

11/11 — 6:30-7:30PM

Join Misty, our nutrition educator and 85lb. weight loss maintainer on the second Saturday of every month for the FREE Whole Foods monthly weight loss support group. We will begin with a weigh in/measure and focus on goals, recipe and menu ideas and talk about the latest trends in diet and weight loss.

Healthy Eating 101

11/15 — 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. No matter your dietary lifestyle choices, there are some basic "laws" of human nutrition.

Discover Superfoods with Smoothies

11/17 — 6:00-7:00PM

Join Misty our Nutrition Educator in "Discovering Super Foods with Smoothies" a fun class focusing on those nutrients and anti-oxidants that pack a powerful punch. Learn how to maintain your health with some of the most powerful foods on the planet blended into your smoothie.

Holistic Support to Help Balance Emotions

11/19 — 2:30-4:00PM

Michele Klink, Holistic Educator and Yoga Instructor, will guide you through a lecture in finding support for emotional health and well-being. Discovered almost 70 years ago by Dr. Edward Bach, the 38 Bach Flower Remedies gently help balance negative states of mind allowing positive potential to arise. The remedies naturally relieve emotional factors that may impede physical healing.

Seasonal Tips for a Preventative Lifestyle

11/22 — 7:00-8:00PM

It is not only the individual's habits that affect well-being. Find out how the time of day, and seasons cause one to alter one's approach to food and our ability to digest and absorb it. No matter what your lifestyle, you can make informed decisions when you are aware of these factors. Presented by Ayurvedic practitioner, Mamta Landerman CAS. For more info: www.ayujyoti.com

Holiday Soap Making Class

11/26 — 2:00-4:00PM

Just in time for the holidays! Join our friends from MoonEssence for a fun, FREE, interactive soap making class. See how they use local, organically grown herbs and botanicals in their hand made soaps. All customers receive a free bar of soap for attending.

Living Safely in a Polluted World

11/29 — 6:30-7:30PM

Living healthfully in a polluted world isn't easy. Join Dr. Moses Goldberg N.D. as he gives us tips on dealing with the stressors we face today with a variety of pollutants the body must work hard to detoxify. By strengthening your body's eliminating and cleansing organ systems, the liver, kidney, skin, gastro-intestinal and respiratory systems, you too can live a healthier disease free life! <http://docmoses.com>

Tap Away the Stress

11/30 — 6:30-7:30PM

Get through the holiday season stress free! Learn how to tap away harmful stress, negative emotions and physical discomfort with Emotional Freedom Techniques. EFT expert Rob Nelson will show you how this simple tool can bring about profound and exciting changes in your life.

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

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

or find us on Facebook —



facebook.com/wfmcoddington