

JUNE 1ST

Quality vs. Quantity with Lori

Meet us over at the Quad Cities' newest health food grocery store to discuss the topic of quality vs. quantity to better understand why eating real, whole foods is beneficial for maintaining a healthy body for the long run.

- **Where:**
Natural Grocers
3805 E 53rd St, Davenport, IA 52807
- **When:**
Thursday, June 1st 6:00-7:30

JUNE 6TH

Environmental & Food Sensitivities with Jenna

Environmental and Food sensitivities can have a huge impact on your daily life. Join Jenna as she discusses ways to read the warning signs of environmental and food sensitivities and learn how a holistic lifestyle can help to naturally keep your symptoms under control.

- **Where:**
NutritionWorks Holistic Health
2255 Kimberly Road, Bettendorf, IA 52722
- **When:**
Tuesday, June 6th 6:30-7:30

WHAT'S GOING ON AT



nutritionworks
holistic health

JUNE 28TH

How to Live with Food & Environmental Sensitivities with Heather

Do you or someone you know live with environmental or food sensitivities? Come to NutritionWorks to learn from our Certified Health Coach, Heather, about how to adapt your lifestyle through diet, environment, and more to handle these types of issues.

- **Where:**
NutritionWorks Holistic Health
2255 Kimberly Road, Bettendorf, IA 52722
- **When:**
Wednesday, June 28th 6:30-7:30