

A vibrant collage of fresh fruits. In the top left, a slice of lime. In the center, a large slice of orange. In the bottom left, a thick slice of kiwi showing its green flesh and black seeds. In the bottom right, a slice of pink papaya with black seeds. The background is a mix of these colors, creating a fresh and healthy aesthetic.

NEW SEASONS

MARKET

Health & Wellness
CLASS SCHEDULE

Winter 2010

Promoting healthy lives and well-being
from the inside out.

NEW SEASONS MARKET

Nutrition Services

Our store Nutritionists offer a variety of ways to share their extensive knowledge of food and nutrition:

In-store Services:

- Nutrition classes – We have a great variety!
- Store tours – For special diets and much more!

Online Services:

- Nutrition Talk articles
- Healthnotes
- Ask The Nutritionist

Our Health and Wellness Class Schedule is available in our Wellness Departments as well as on our website.



Space is limited!

Please call the appropriate store (ask for the Wellness Department) to sign up for classes and tours!

Visit our website to access more nutrition resources.

www.newseasonsmarket.com

ARBOR LODGE

See back of book for class descriptions.

January 8 – Friday, 10-11:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

February 2 – Tuesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

March 16 – Tuesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

Please call appropriate store to sign up for classes!

CEDAR HILLS

See back of book for class descriptions.

January 14 – Thursday, 7-8:30pm

IBS, REFLUX, GERD & MORE: THE NATURAL TREATMENT OF DIGESTIVE DISORDERS

Presenter: Dr. Igor Schwartzman, ND

January 21 – Thursday, 7-8:30pm

LAUGHTER IS THE BEST MEDICINE

Presenter: Dr. Ken Weizer, ND

February 2 – Tuesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

February 11 – Thursday, 7-8:30pm

NATURAL TREATMENT OF THE FLU, COLDS & RESPIRATORY INFECTIONS

Presenter: Dr. Eric Blake, ND, MSOM

February 17 – Wednesday, 7-8:30pm

CARDIO QUESTIONS, ANTI-INFLAMMATORY ANSWERS

Presenter: Leah Kriewall, MS, RD

February 18 – Thursday, 7-8:30pm

ANXIETY, DEPRESSION & ADD/HD: NON-DRUG TREATMENT OPTIONS

Presenter: Dr. Tanya Hudson, ND

February 25 – Thursday, 7-8:30pm

HEART & CARDIOVASCULAR HEALTH FOR WOMEN: PREVENT AND TREAT HEART DISEASE NATURALLY

Presenter: Naturopathic Doctors from True Health Medicine

March 4 – Thursday, 7-8:30pm

ADRENALS, STRESS & ENERGY

Presenter: Dr. Gary Weiner, ND, L.Ac.

March 11 – Thursday, 7-8:30pm

THE HORMONE DANCE

Presenter: Dr. Jennifer Karon-Flores, ND

March 13 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

March 18 – Thursday, 7-8:30pm

A NATURAL APPROACH TO MANAGING BLOOD SUGAR, INSULIN RESISTANCE & DIABETES

Presenter: Naturopathic Doctors from Nature Cures Clinic

March 25 – Thursday, 7-8:30pm

WHIPLASH AND SOFT TISSUE INJURIES

Presenter: Dr. Douglas Babbitt, DC

Please call appropriate store to sign up for classes!

CONCORDIA

See back of book for class descriptions.

Every Wednesday, 10-11:30am

NEW PARENT & BREASTFEEDING SUPPORT GROUP

Presenter: Renaissance Doulas & Postpartum Professionals

January 5 – Tuesday, 7-8:30pm

THE 2010 NEW YEAR'S ROUTINE FOR OPTIMAL HEALTH

Presenter: Dr. Alicia Peterman, ND

January 6 – Wednesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

January 12 – Tuesday, 7-8:30pm

HOMEOPATHIC FLU PREVENTION & TREATMENT

Presenter: Lilith Meurer, C.Hom.

January 13 – Wednesday, 7-8:30pm

MINDFUL EATING: STRATEGIES FOR A PEACEFUL PLATE

Presenter: Karen Seibert, MS

January 19 – Tuesday, 7-8:30pm

ENERGY PROTECTION AND TECHNOLOGY FOR THE 21ST CENTURY

Presenter: Linda Freya

January 26 – Tuesday, 7-8:30pm

CARE & FEEDING OF THE ADHD BRAIN

Presenter: Lee Rosback from ADDED Dimensions

February 3 – Wednesday, 7-8:30pm

HEART & CARDIOVASCULAR HEALTH FOR WOMEN: PREVENT AND TREAT HEART DISEASE NATURALLY

Presenter: Naturopathic Doctors from True Health Medicine

February 9 – Tuesday, 7-8:30pm

FOOD AND IMMUNITY: A RECIPE FOR SUCCESS

Presenter: Karen Seibert, MS

February 11 – Thursday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

February 24 – Wednesday, 7-8:30pm

THE BREAST CANCER COMPANION

Presenter: Kelly Jennings ND, MSOM, L.Ac.

March 2 – Tuesday, 7-8:30pm

NATURAL TREATMENT OF THE FLU, COLDS & RESPIRATORY INFECTIONS

Presenter: Dr. Eric Blake, ND, MSOM

March 10 – Wednesday, 7-8:30pm

ADRENALS, STRESS & ENERGY

Presenter: Dr. Gary Weiner, ND, L.Ac.

March 24 – Wednesday, 7-8:30pm

WEIGHT BALANCE

Presenter: Karen Seibert, MS

March 30 – Tuesday, 7-8:30pm

A NATURAL APPROACH TO MANAGING BLOOD SUGAR, INSULIN RESISTANCE & DIABETES

Presenter: Naturopathic Doctors from Nature Cures Clinic

Please call appropriate store to sign up for classes!

HAPPY VALLEY

See back of book for class descriptions.

Every Thursday, 10-11:30am

NEW PARENT & BREASTFEEDING SUPPORT GROUP

Presenter: Renaissance Doulas & Postpartum Professionals

January 9 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

January 14 – Thursday, 7-8:30pm

THE 2010 NEW YEAR'S ROUTINE FOR OPTIMAL HEALTH

Presenter: Dr. Brenda McCool, ND

January 19 – Tuesday, 7-8:30pm

MINDFUL EATING: STRATEGIES FOR A PEACEFUL PLATE

Presenter: Jamie Lee

January 21 – Thursday, 7-8:30pm

CARE & FEEDING OF THE ADHD BRAIN

Presenter: Lee Rosback from ADDED Dimensions

January 28 – Thursday, 7-8:30pm

HOMEOPATHIC FLU PREVENTION & TREATMENT

Presenter: Lilith Meurer, C.Hom.

January 29 – Friday, 10-11:30am

FOOD AND IMMUNITY: A RECIPE FOR SUCCESS

Presenter: Karen Seibert, MS

February 8 – Monday, 7-8:30pm

HEALTHY HEART SOLUTIONS PART I: THE TRUTH ABOUT CHOLESTEROL

Presenter: Dr. Daniel Chong, ND

February 10 – Wednesday, 7-8:30pm

THE BREAST CANCER COMPANION

Presenter: Kelly Jennings ND, MSOM, L.Ac.

February 13 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

February 19 – Friday, 10-11:30am

THE ART OF LABEL-READING: A STORE TOUR

Presenter: Karen Seibert, MS

February 22 – Monday, 7-8:30pm

HEALTHY HEART SOLUTIONS PART II: HOW TO PREVENT HEART DISEASE

Presenter: Dr. Daniel Chong, ND

March 4 – Thursday, 7-8:30pm

THE HORMONE DANCE

Presenter: Dr. Marcea Wiggins, ND

March 10 – Wednesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

March 11 – Thursday, 7-8:30pm

CHRONIC PAIN RELIEF

Presenter: Dr. Jason Black, ND

March 25 – Thursday, 7-8:30pm

A NATURAL APPROACH TO MANAGING BLOOD SUGAR, INSULIN RESISTANCE & DIABETES

Presenter: Dr. Jesse Buttler, ND

March 31 – Wednesday, 6:30-8:30pm

SWEETENERS DEMYSTIFIED

Presenter: Karen Seibert, MS

Happy Valley store only.

Join us For Yoga!

Shop and take a yoga class all in one spot!

Class Times:

Monday through Thursday

9:30am – 10:30am

Saturday • 11am – 12pm

Yoga Class Prices:

- \$8 per class if you purchase a 10 visit punch card
- Buy a punch card and receive a coupon for a 15% discount on a grocery purchase your first day of class!
- \$10 per class for drop-ins

Please visit the Solutions Counter to purchase a punch card and sign up for a yoga class.

Instructor Therese Fleischman is a certified yoga instructor registered with Yoga Alliance and is founder of Celtic Spirit Yoga. Therese's classes are fun and supportive, inspiring and accessible to all experience levels

MOUNTAIN PARK

See back of book for class descriptions.

January 7 – Thursday, 7-8:30pm

FROM DARKNESS TO LIGHT: A DISCUSSION ON GRIEF AND LIFE AFTER LOSS

Presenters: Linda Cohen, MS and Dr. Juniper Martin, ND

January 12 – Tuesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

Please call appropriate store to sign up for classes!

ORENCO STATION

See back of book for class descriptions.

January 21 – Thursday, 7-8:30pm

IBS, REFLUX, GERD & MORE: THE NATURAL TREATMENT OF DIGESTIVE DISORDERS

Presenter: Dr. Igor Schwartzman, ND

January 27 – Wednesday, 7-8:30pm

MINDFUL EATING: STRATEGIES FOR A PEACEFUL PLATE

Presenter: Jamie Lee

February 4 – Thursday, 7-8:30pm

ANXIETY, DEPRESSION & ADD/HD: NON-DRUG TREATMENT OPTIONS

Presenter: Dr. Tanya Hudson, ND

February 6 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

February 9 – Tuesday, 7-8:30pm

FOOD AND IMMUNITY: A RECIPE FOR SUCCESS

Presenter: Leah Kriewall, MS, RD

February 11 – Thursday, 7-8:30pm

HEALTHY AGING NATURALLY

Presenter: Dr. Jeff Clark

February 18 – Thursday, 7-8:30pm

HEART & CARDIOVASCULAR HEALTH FOR WOMEN: PREVENT AND TREAT HEART DISEASE NATURALLY

Presenter: Naturopathic Doctors from True Health Medicine

February 25 – Thursday, 7-8:30pm

NATURAL TREATMENT OF THE FLU, COLDS & RESPIRATORY INFECTIONS

Presenter: Dr. Eric Blake, ND, MSOM

March 9 – Tuesday, 7-8:30pm

CARDIO QUESTIONS, ANTI-INFLAMMATORY ANSWERS

Presenter: Leah Kriewall, MS, RD

March 11 – Thursday, 7-8:30pm

WHIPLASH AND SOFT TISSUE INJURIES

Presenter: Dr. Douglas Babbitt, DC

March 18 – Thursday, 7-8:30pm

THE HORMONE DANCE

Presenter: Dr. Jennifer Karon-Flores, ND

January 7 – Thursday, 7-8:30pm

THE 2010 NEW YEAR'S ROUTINE FOR OPTIMAL HEALTH

Presenter: Dr. Brenda McCool, ND

January 8 – Friday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

January 12 – Tuesday, 7-8:30pm

ENERGY PROTECTION AND TECHNOLOGY FOR THE 21ST CENTURY

Presenter: Linda Freya

February 2 – Tuesday, 7-8:30pm

HOMEOPATHIC FLU PREVENTION & TREATMENT

Presenter: Lilith Meurer, CHom

February 5 – Friday, 10-11:30am

FOOD AND IMMUNITY: A RECIPE FOR SUCCESS

Presenter: Leah Kriewall, MS, RD

February 16 – Tuesday, 7-8:30pm

HEART & CARDIOVASCULAR HEALTH FOR WOMEN: PREVENT AND TREAT HEART DISEASE NATURALLY

Presenter: Naturopathic Doctors from True Health Medicine

February 23 – Tuesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

March 2 – Tuesday, 7-8:30pm

THE HORMONE DANCE

Presenter: Dr. Pamela Jeanne, ND

March 9 – Tuesday, 7-8:30pm

HEALTHY AGING NATURALLY

Presenter: Dr. Jeff Clark, ND

March 16 – Tuesday, 7-8:30pm

A NATURAL APPROACH TO MANAGING BLOOD SUGAR, INSULIN RESISTANCE & DIABETES

Presenter: Naturopathic Doctors from Nature Cures Clinic

March 19 – Friday, 10-11:30am

CARDIO QUESTIONS, ANTI-INFLAMMATORY ANSWERS

Presenter: Leah Kriewall, MS, RD

Please call appropriate store to sign up for classes!

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RALEIGH HILLS

See back of book for class descriptions.

January 9 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

January 13 – Wednesday, 7-8:30pm

THE 2010 NEW YEAR'S ROUTINE FOR OPTIMAL HEALTH

Presenter: Dr. Alicia Peterman, ND

February 10 – Wednesday, 7-8:30pm

HEART & CARDIOVASCULAR HEALTH FOR WOMEN: PREVENT AND TREAT HEART DISEASE NATURALLY

Presenter: Naturopathic Doctors from True Health Medicine

February 27 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

March 9 – Tuesday, 7-8:30pm

A NATURAL APPROACH TO MANAGING BLOOD SUGAR, INSULIN RESISTANCE & DIABETES

Presenter: Naturopathic Doctors from Nature Cures Clinic

March 23 – Tuesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

SELLWOOD

See back of book for class descriptions.

January 15 – Friday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Leah Kriewall, MS, RD

February 20 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

March 6 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

Please call appropriate store to sign up for classes!

SEVEN CORNERS

See back of book for class descriptions.

Every Tuesday, 10-11:30am

NEW PARENT AND BREASTFEEDING SUPPORT GROUP

Presenter: Renaissance Doulas and Postpartum Professionals

January 6 – Wednesday, 7-8:30pm

THE 2010 NEW YEAR'S ROUTINE FOR OPTIMAL HEALTH

Presenter: Dr. Alicia Peterman, ND

January 12 – Tuesday, 7-8:30pm

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

January 20 – Wednesday, 7-8:30pm

NATURAL TREATMENT OF THE FLU, COLDS & RESPIRATORY INFECTIONS

Presenter: Dr. Eric Blake, ND, MSOM

January 26 – Tuesday, 7-8:30pm

IBS, REFLUX, GERD & MORE: THE NATURAL TREATMENT OF DIGESTIVE DISORDERS

Presenter: Dr. Igor Schwartzman, ND

January 27 – Wednesday, 7-8:30pm

LAUGHTER IS THE BEST MEDICINE

Presenter: Dr. Ken Weizer, ND

February 2 – Tuesday, 7-8:30pm

HEALTHY HEART SOLUTIONS PART I: THE TRUTH ABOUT CHOLESTEROL

Presenter: Dr. Daniel Chong, ND

February 6 – Saturday, 10-11:30am

GLUTEN-FREE PRODUCTS STORE TOUR

Presenter: Karen Seibert, MS

February 9 – Tuesday, 7-8:30pm

HEALTHY HEART SOLUTIONS PART II: HOW TO PREVENT HEART DISEASE

Presenter: Dr. Daniel Chong, ND

February 16 – Tuesday, 7-8:30pm

ANXIETY, DEPRESSION & ADD/HD: NON-DRUG TREATMENT OPTIONS

Presenter: Dr. Tanya Hudson, ND

February 17 – Wednesday, 7-8:30pm

THE BREAST CANCER COMPANION

Presenter: Kelly Jennings ND, MSOM, L.Ac.

Please call appropriate store to sign up for classes!

February 23 – Tuesday, 7-8:30pm

HEALTHIER RELATIONSHIPS FOR YOUR TEEN

Presenters: Megan Kovacs, Raphael House of Portland and Lauren Paulk, VOA Home Free, co-founders of TEEN (Teen Education and Empowerment Network)

February 24 – Wednesday, 7-8:30pm

FOOD AND IMMUNITY: A RECIPE FOR SUCCESS

Presenter: Karen Seibert, MS

March 3 – Wednesday, 7-8:30pm

A NATURAL APPROACH TO MANAGING BLOOD SUGAR, INSULIN RESISTANCE & DIABETES

Presenter: Dr. Jesse Buttler, ND

March 16 – Tuesday, 7-8:30pm

CHRONIC PAIN RELIEF

Presenter: Dr. Jason Black, ND

March 17 – Wednesday, 7-8:30pm

THE HORMONE DANCE

Presenter: Dr. Marcea Wiggins, ND

March 23 – Tuesday, 7-8:30pm

HEALTHY AGING NATURALLY

Presenter: Dr. Jeff Clark, ND

March 24 – Wednesday, 7-8:30pm

ADRENALS, STRESS & ENERGY

Presenter: Dr. Gary Weiner, ND, L.Ac.

March 31 – Wednesday, 7-8:30pm

WHIPLASH AND SOFT TISSUE INJURIES

Presenter: Dr. Douglas Babbitt, DC

CLASSES

THE 2010 NEW YEAR'S ROUTINE FOR OPTIMAL HEALTH

Learn to develop a healthy New Year's routine, not just a resolution. You will learn healthy lifestyle habits that are easy to incorporate and stick to including a whole foods diet plan, vitamin and mineral recommendations, movement routines for optimal wellness and home hydrotherapy techniques to help keep your immune system functioning well. Now is the time to gear up for a year's worth of optimal wellness! **CC, HV, OS, RH, SC**

ADRENALS, STRESS & ENERGY

Adrenal glands are designed to help the body deal with stress from every possible source, ranging from injury and disease to work and relationship issues. Your resilience, energy and endurance all depend on proper adrenal functioning. Learn how you can improve your adrenal function through diet, lifestyle, supplements and hormones to regain your energy. **CH, CC, SC**

ANXIETY, DEPRESSION & ADD/HD: NON-DRUG TREATMENT OPTIONS

Are you suffering from or showing signs of attention deficit disorder (ADD/HD), depression or anxiety? Would you like to learn about safe and effective, scientifically researched, natural alternatives to prescription medications for these conditions?

Dr. Tanya Hudson, a naturopathic physician, will be discussing possible causes for ADD/HD, depression and anxiety, along with an overview of the standard conventional treatments and scientifically researched alternative treatments that have been very successful in her own clinical practice. **CH, MP, SC**

THE ART OF LABEL-READING: A STORE TOUR

Savvy shoppers know how to interpret food label lingo. If you'd like to know what you're really eating, join this store tour to maneuver through the maze of details provided on food labels. We will help you interpret health claims, navigate nutrition facts and comprehend listed ingredients. **HV**

THE BREAST CANCER COMPANION

Would you like to know more about conventional and complementary care for this all-too-common disease? Join us for this comprehensive discussion series with Naturopathic doctors who specialize in breast cancer. We will take a critical look at breast cancer treatments - both conventional and alternative - and outline a strategy to help women make informed choices about preventing and treating this disease.

Learn which common nutritional supplements should be avoided when undergoing surgery and radiation treatment. Find out how to ease common side effects of chemotherapy and radiation and how to supplement the efficacy of these conventional treatments naturally. If you are concerned about breast cancer, please bring your questions and join us during one of these enlightening evenings.

CC, HV, SC

CARE & FEEDING OF THE ADHD BRAIN

Attention Deficit and Hyperactivity Disorders are more than just disruptive behavioral issues. Find out more about what is going on in the brain and body of people with these disorders, and why these conditions are often associated with addictive and risk-taking behaviors. We will look at what things may calm an overactive mind including foods, supplements, exercise and neuro-feedback. **CC, HV**

CARDIO QUESTIONS, ANTI-INFLAMMATORY ANSWERS

Research shows that inflammation, an underlying factor in heart disease, can damage blood vessels and promote clot-forming plaque deposits. What you eat has a profound effect on your body's ability to manage inflammation. Common foods such as wheat and corn may contribute to an imbalance in the body. In addition, processed oils, prevalent in refined foods, are potent pro-inflammatory agents.

(Next page)

Learn which foods can help to "cool the burn" by providing anti-inflammatory benefits. We will outline how to successfully navigate an anti-inflammatory diet and provide shopping lists, recipes and meal plans.

CH, MP, OS

CHRONIC PAIN RELIEF

Living with pain can be a hard and lonely struggle. Learn about the connections between inflammation, chronic infections, chronic stress, chronic depression and how they can all lead to chronic pain. Dr. Black specializes in treating people with chronic pain, taking into account all the things that may be contributing to their symptoms. He will provide an introduction to Neural Therapy and explain how it can effectively address pain symptoms in conjunction with diet, lifestyle and supplements.

HV, MP, SC

ENERGY PROTECTION AND TECHNOLOGY FOR THE 21ST CENTURY

21st-century technology, with the prevalence of cell phones, wifi and electromagnetic fields, can affect the energy body (known as Qi, Prana or Etheric). This in turn affects our level of physical and mental health. With a basic understanding of how the energy body works and a few key points about current technology, it is simple and easy to make a few minor adjustments which can greatly reduce the potential adverse effects. These simple steps can make a marked difference in your overall energy level during the day, ability to rejuvenate during sleep and long term quality of health. **CC, OS**

FOOD AND IMMUNITY: A RECIPE FOR SUCCESS

Many foods possess unique compounds known to support the immune system. A wholesome diet provides many nutrients essential to maintaining an effective line of defense. Along with a basket full of produce, the importance of beneficial bacteria cannot be understated as 80 percent of the immune system resides in the digestive tract. The foods we eat have an enormous impact on our immune systems and overall health. A particularly powerful player on your immune-enhancing team includes the mighty mushroom. Come to this class to learn which other foods rally immune support.

CC, HV, MP, OS, SC

FROM DARKNESS TO LIGHT: A DISCUSSION ON GRIEF AND LIFE AFTER LOSS

Join Linda Cohen, creator of the blog "1000 Mitzvahs," and Dr. Juniper Martin, ND, for an informal discussion about the process of grief, how to honor loss in the cycle of life and what it means to travel from darkness to light.

Dr. Martin is a holistic physician who feels that the lessons grief and loss can bring have never been more important. After her father's death in 2006, Linda Cohen began a mitzvah project to perform 1000 acts of kindness in his memory. She is currently writing and speaking about this project and the lessons she's learned. **MP**

GLUTEN-FREE PRODUCTS STORE TOUR

- CALL TO RESERVE YOUR SPACE!

Bring your walking shoes (and call the Wellness Department of the appropriate store to sign up) for this comprehensive store tour that illuminates the many products available at New Seasons Market that are gluten-free. We will provide menu ideas as well as our extensive gluten-free shopping list. **AL, CH, CC, HV, MP, OS, RH, SC, SW**

HEALTHIER RELATIONSHIPS FOR YOUR TEEN

Dating is hard when you're just starting out! Support your teen by discussing how to stay healthy in relationships. It's important for everyone to know what respect really means and some of the warning signs to look for when a relationship may be unhealthy.

We'll cover communication, power and control and how technology plays a role in today's teen relationships. Come with questions and learn how to best support the youth in your life. Presented by Megan Kovacs, Raphael House of Portland and Lauren Paulk, VOA Home Free, co-founders of TEEN (Teen Education and Empowerment Network) **CC**

HEALTHY AGING NATURALLY

Decreased energy, muscle loss, weight gain, increased risk for chronic disease and mental decline are all inevitable parts of aging, right? Wrong! When our bodies are properly maintained and functioning optimally we can have energy, an active lifestyle, maintain a lean body weight, look years younger and keep our mental clarity for a very long time. Dr. Clark, himself a "baby boomer", will discuss some dos and don'ts of a naturopathic approach to healthy aging. **MP, OS, SC**

HEALTHY HEART SOLUTIONS PART I: THE TRUTH ABOUT CHOLESTEROL

Have you been told you have high cholesterol? Have you been told you need to take a cholesterol-lowering drug? Are you confused by some of the conflicting information out there regarding cholesterol, saturated fat and their connection to heart disease? Dr. Daniel Chong gives a compelling presentation on the history of the cholesterol/heart disease theory, how it came about and why it is a questionable concept. You will leave this presentation with a much greater understanding about cholesterol and fat intake and their influence on your health and well-being. **HV, SC**

HEALTHY HEART SOLUTIONS PART II: HOW TO PREVENT HEART DISEASE

In this follow-up class, Dr. Daniel Chong will present a variety of tips and ideas on what the true risk factors for heart disease are and how to identify them. He will also present to you a step-by-step set of helpful recommendations for what you really need to do to prevent heart disease. **HV, SC**

HEART & CARDIOVASCULAR HEALTH FOR WOMEN: PREVENT AND TREAT HEART DISEASE NATURALLY

February is National Heart Disease Awareness Month. What better way to celebrate than to learn about a naturopathic approach to prevention and treatment of heart disease in women? It is amazing how many herbs, vitamins and minerals can help restore cardiovascular tissue, lower blood pressure, regulate rhythms and decrease unhealthy cholesterol levels. Join us and learn what you can do naturally for your heart.

CH, CC, MP, OS, RH

THE HORMONE DANCE

Hormonal balance is key to optimal wellness for both men and woman at any stage of life. Come learn about hormones, how they interact with each other and how they impact your physical and mental health, energy, aging and overall sense of well-being. We will discuss female and male hormones as well as cortisol, insulin, DHEA and other hormones that are essential for optimal body function. Hormone testing and treatment options will also be covered, including bio-identical hormones, supportive measures for each body system and dietary and lifestyle guidelines for optimal hormone balance.

CH, HV, MP, OS, SC

HOMEOPATHIC FLU PREVENTION & TREATMENT

Are you scared or confused about flu season? Not feeling too comfortable with conventional treatments and options?

Homeopathy has been in use for over 200 years and was highly successful during the devastating Spanish flu of 1918. Unlike conventional medicine, homeopathy doesn't need a diagnosis to work, but rather focuses on the actual symptoms within the person. Homeopathy works holistically to activate self-healing powers with minute quantities of medicines prepared by specialized pharmacies.

Learn how to protect yourself and your family with homeopathy. You will get to know a number of homeopathic remedies that have been used successfully for flu and cold symptoms. Learn how to use them and when they are indicated. **CC, HV, OS**

IBS, REFLUX, GERD & MORE: THE NATURAL TREATMENT OF DIGESTIVE DISORDERS

Digestive problems are some of the most common complaints heard in a doctor's office. Naturopathic medicine offers a rational and effective approach to the treatment and management of everything from functional irregularities, such as irritable bowel syndrome, to the serious inflammatory bowel disorders known as Crohn's Disease and Ulcerative Colitis. Come and learn all about digestive health and discover natural approaches to preventing both common and unusual digestive problems.

CH, MP, SC

LAUGHTER IS THE BEST MEDICINE

How many minutes of the day do you laugh?

For most of us, life can be a serious business. But things can look very different through the perspective of joy, fun and laughter.

Join Dr. Ken Weizer (aka 'Izzy Weizer') in a laugh-so-hard-it-hurts romp into healing and lightening up. You will learn and practice simple exercises that you can do every day to explore and enjoy the healing power of laughter. **CH, SC**

MINDFUL EATING: STRATEGIES FOR A PEACEFUL PLATE

Learn to transform your relationship with food by focusing on what is truly nourishing. Eating unconsciously can sabotage the best nutritional intentions and leave you feeling overfull and out of control. This class will teach you to create an environment that supports your dietary goals. Learn strategies for finding and maintaining your ideal weight without having to follow a conventional diet plan. **CC, HV, MP**

A NATURAL APPROACH TO MANAGING BLOOD SUGAR, INSULIN RESISTANCE & DIABETES

Never before in history has it been so critical to lower our consumption of sugar and refined carbohydrates. With the increase of diabetes, cancer, hormone imbalance and behavioral disorders, we need to take a careful look at blood sugar balance and the consequences to our health caused by an over-abundance of sugar in our diets. Learn which foods break down as glucose in your system, what effect it has on your body and effective, natural ways to reduce your cravings. We will be discussing nutrition, exercise and natural therapies directed at educating you on how to take back control of your health. **CH, CC, HV, MP, OS, RH, SC**

NATURAL TREATMENT OF THE FLU, COLDS & RESPIRATORY INFECTIONS

Often at this time of year people find themselves with respiratory problems that they just can't kick, including bronchitis, sinusitis and pneumonia. Lingering coughs and sinus infections can become entrenched and hard to get rid of with conventional treatments. And this year we also have the Swine Flu to consider, with its possibly serious respiratory complications.

Local naturopathic physician Eric Blake will discuss natural, non-toxic, proven and time-tested methods to stay healthy through this flu season. He will provide information on how to naturally treat respiratory infections like the flu, colds, bronchitis, strep throat and sinusitis. Dr. Blake has a great deal of experience treating respiratory infections from the simple to the complex, including antibiotic-resistant infections.

CH, CC, MP, SC

NEW PARENT AND BREASTFEEDING SUPPORT GROUP

Join us for a cup of tea and meet other families with new babies to share your experiences, get some helpful advice and find the resources you need to nurture your baby. Bring your questions about breastfeeding, bottles, slings, crying, nighttime parenting and other early parenting concerns. This group is open to mothers, fathers and parents-to-be. **CC, HV, SC**

SWEETENERS DEMYSTIFIED

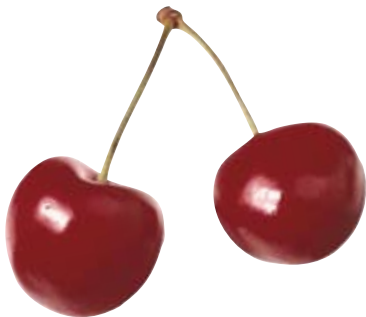
Assorted sweeteners in their many forms line the grocery store shelves. Palate-pleasing products have been derived from elements as diverse as beets, bees and tree bark. What do these ingredients have to offer besides the sweet taste? Come to this class to learn how sweeteners are metabolized and which are preferred for daily use. From agave to xylitol, we'll meet the cast of characters in candy land. **HV**

WEIGHT BALANCE

As we move into the season of renewal, many of us are reassessing our eating habits and wondering if there may be a pound or two that could be persuaded to go elsewhere. Come to this class to discover a fresh approach to weight balance. We will help you gather tools to promote weight loss, reduce sugar cravings and maintain energy. Small changes will translate into long-term success. **CC**

WHIPLASH AND SOFT TISSUE INJURIES

Douglas Babbitt, DC, will present a seminar on whiplash injuries. The seminar will discuss the biomechanical causes of whiplash, recognition of symptoms and how to effectively treat soft tissue injuries. Topics will include symptomology, therapeutic procedures, nutrition and the necessity for continued care. Dr. Babbitt has extensive experience treating accident-related soft tissue injuries and the resolution of both acute and chronic symptoms. **CH, MP, SC**



Please call the appropriate store to sign up for classes!

NEW SEASONS MARKET

Cooking School



Our commitment to our local food economy is the inspiration behind the cooking school at our Happy Valley store. We have developed menus

and classes that are in harmony with the freshest ingredients of the season, from ethnic and seasonal cuisine to gluten-free and vegetarian cooking. Our professionally trained Chefs, Nutritionists and Wine Stewards are eager to share their knowledge with you at the friendliest cooking school around.

We offer demonstration and pairing classes where you can watch, learn & taste, as well as get hands-on training.



We'll provide the cutting boards, knives and aprons. Come alone or come with friends. Either way, food and fun awaits!



A class schedule is available online at www.NewSeasonsMarket.com.

Just click on **Cooking School.**

Reserve your space by calling our Happy Valley store at **503.558.9214.**

To sign up.....

Call the store for the class you'd like to attend.
All classes are free but space is limited.

ARBOR LODGE

N Interstate Ave & Rosa Parks Way
503.467.4777

CEDAR HILLS CROSSING

3495 SW Cedar Hills Blvd, Beaverton
503.641.4181

CONCORDIA

NE 33rd & Killingsworth Street
503.288.3838

HAPPY VALLEY

157th & Sunnyside Road, Happy Valley
503.558.9214

MOUNTAIN PARK

Boones Ferry Rd & Monroe Pkwy
Lake Oswego
503.496.1155

ORENCO STATION

NE 61st & Cornell Road, Hillsboro
503.648.6968

RALEIGH HILLS

7300 SW Beaverton-Hillsdale Hwy
503.292.6838

SELLWOOD

1214 SE Tacoma Street
503.230.4949

SEVEN CORNERS

1954 SE Division Street
503.445.2888

(all classrooms wheelchair
accessible except Concordia store)

www.NewSeasonsMarket.com