

# NATURE'S FOOD PATCH

SEPTEMBER  
2018 

## Market & Café® PATCHWORKS

CLEARWATER  
FREE EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Seniors Day 10% OFF** Everything for Seniors Every Wednesday			Potato + Cauliflower Curry* 11 am  Michelle Odiorne Whole-Food Plant-Based Chef
2	OPEN ALL DAY! HAPPY LABOR DAY	3	4	5	6	8
The Effects of Medicine on the Body 1 pm Dr. Mohammad Yamani All Care Medical Consultants	Become a Mentor: BBBS Orientation 6:30 pm Karen Kampel Big Brothers Big Sisters	OneBlood Blood Drive 10 am - 3 pm Big Red Bus In the NFP Parking Lot	SENIORS DAY Fuel Your Better Sport 6:30 pm  Kimberly Kyriazis Vega	Mr. Brad's Music Fun Time 10 am & 6:30 pm Brad Myers Mr. Brad's Music		Traditional Spanish Paella* 11 am Demos to Di For NFP Demo Specialist
9	10	11	12	13	14	15
		Song Circle 6:30 pm Free Jam Session In PaTchWoRkS!	SENIORS DAY Vegan Bacon 3 Ways* 6:30 pm  Brad Myers The Vegabond Chef	Thai Curry Coconut Soup* 6:30 pm  John van Vlaardingen JvVHealth		Main Course Mushrooms* 11 am  Debby DeGraaff Natural Foods Chef & Author
16	17	18	19	20	21	22
Vegan Keto Eats* 1 pm  England Davis Holistic Mama	Kids Story Time with Music + Craft 10 am Erika Davis Usborne Book Buddy	Wellness Sale Days 20% OFF** Supplements & Body Care 18th & 19th	SENIORS DAY Double Your Energy 6:30 pm Sarah Bingham CNS LDN Fast Food Healing	The Cholesterol Myth 6:30 pm Dr. Stephen Nedd DC Nedd Chiropractic & Wellness		FIRST DAY OF FALL!  Appetizer Trio* 11 am  Venus DeMarco A Healthy Life Made Simple
23	24	25	26	27	28	29
		SONG CIRCLE @ 6:30 PM Mr. Brad's Music Fun Time 10 am Brad Myers Mr. Brad's Music	SENIORS DAY Energetics of Food: Food as Medicine* 6:30 pm  Dr. Paul & Cara Reynolds The Reynolds Kitchen	Minerals + More 6:30 pm Dr. John Young MD Young Foundational Health Center	Enjoy a FREE Coffee at Both Stores! Tomorrow Organic & Fair Trade See stores for details	NATIONAL COFFEE DAY! Pain Management Alternatives 11 am Dr. Brian Caswell DOM AP The Art of Acupuncture
30						
Egg-Less Benedict* 4 pm  Brad Myers The Vegabond Chef						

Meet. Learn. Grow.

Clearwater location only. Come early. Seating is limited!  
See Summary of Events at Customer Care for more information.

     
\*FREE COOKING CLASS

\*\*Clearwater & Dunedin locations. Not including case priced items, items already on sale or beer & wine. No double discounts. In-store only.

The advice & informational content of our seminars do not necessarily represent the views of Nature's Food Patch. Please consult your health professional for your personal medical condition.

## FREE SPECIAL EVENTS

### ONEBLOOD BLOOD DRIVE

Tue Sept 4th at 10 am - 3 pm I Big Red Bus, *In the NFP Parking Lot*  
Let's save lives together! Help restock the shelves by donating at the OneBlood Bloodmobile in the Nature's Food Patch parking lot, Clearwater location. *Receive a free gift package, while supplies last.*

### MR. BRAD'S MUSIC FUN TIME

Thu Sept 6th at 10 am & 6:30 pm & Tue Sept 25th at 10 am  
Brad Myers, *Mr. Brad's Music*  
Kids can sing along & dance to interactive songs! Mr. Brad will play guitar, mandolin, violin, flute, drums, glockenspiel & ukulele.  
*1st Thursday & 4th Tuesday of every month.*

### BECOME A MENTOR: BBBS ORIENTATION

Mon Sept 10th at 6:30 pm I Karen Kampel, *Big Brothers Big Sisters*  
Please consider becoming a Big Brother or Big Sister & help change the life of a child facing adversity for the better, forever! Take the first step today by attending this informative orientation & training session. You'll learn all about their programs, commitments, expectations & their kids.

### SONG CIRCLE

Tue Sept 11th & Tue Sept 25th at 6:30 pm  
Free Jam Session, *In PaTchWoRks*  
This acoustic gathering of musicians & singers is a free-flowing expression of talent & creativity. *2nd & 4th Tuesday of every month.*

### KIDS STORY TIME WITH MUSIC + CRAFT

Mon Sept 17th at 10 am I Erika Davis, *Usborne Book Buddy*  
Bring the kids for stories, songs & a craft! Children of all ages welcome with their caregivers. *3rd Monday of every month.*

## FREE HEALTH SEMINARS

### FUEL YOUR BETTER SPORT

Wed Sept 5th at 6:30 pm I Kimberly Kyriazis, *Vega*  
How to "fuel up" for any athletic activity can often be confusing. At Vega, we believe that WHEN to fuel is just as important as WHAT, especially when it comes to foods & nutrients for function. In this seminar, you will learn how you can significantly improve your athletic performance & recovery with plant-based fare & nutrient timing.

### THE EFFECTS OF MEDICINE ON THE BODY

Sun Sept 9th at 1 pm  
Dr. Mohammad Yamani, *All Care Medical Consultants*  
Some medications used for chronic illnesses have an impact on nutrient-energy cycles in our bodies. Dr. Yamani will discuss some of these interactions to help you learn which meds have the least side effects & which ones could be better for the body's chemistry.

### DOUBLE YOUR ENERGY

Wed Sept 19th at 6:30 pm  
Sarah Bingham CNS LDN, *Fast Food Healing*  
Learn how to get clear feedback on what foods give you energy & what foods zap it! This seminar will set you on the road to learning how to revive & revitalize your body in seven days with food alone.

### THE CHOLESTEROL MYTH

Thu Sept 20th at 6:30 pm  
Dr. Stephen Nedd DC, *Nedd Chiropractic & Wellness*  
Cholesterol is a villain in our bloodstream. Or is it? Be prepared to have Dr. Nedd debunk what 'everybody knows' about cholesterol & the various uses of it in the body.

### MINERALS + MORE

Thu Sept 27th at 6:30 pm  
Dr. John Young MD, *Young Foundational Health Center*  
Are you mineral deficient? How would you know? Will eating organic ensure you are getting enough? Get answers to these questions & learn why taking mineral supplements may not be the answer.

### PAIN MANAGEMENT ALTERNATIVES

Sat Sept 29th at 11 am I Dr. Brian Caswell, *The Art of Acupuncture*  
For the last few decades, this country has seen an increase in prescription opioid pain relievers causing a national misuse & abuse epidemic. Join Dr. Caz as he delves into the topic of treating & understanding pain during the age of the "Opioid Crisis."

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**PATCHWORKS**  
COMMUNITY ROOM  
meet • learn • grow

## FREE COOKING CLASSES

### POTATO + CAULIFLOWER CURRY

Sat Sept 1st at 11 am  
Michelle Odiorne, *Whole-Food Plant-Based Chef*  
Potatoes are fat, sodium & cholesterol free! Don't forget high in nutrients, like potassium & vitamin C. Add the benefits of cauliflower & you'll have a powerhouse dish of almost every vitamin & mineral your body wants. *Michelle's class is the 1st Saturday of every month.*

### TRADITIONAL SPANISH PAELLA

Sat Sept 8th at 11 am I Demos to Di For, *NFP Demo Specialist*  
Originating on the east coast of Spain, this fluffy, yellow, Valencian rice dish has grown in popularity. Join Di as she shares her secrets to making one of her all-time favorite meals.  
*Di's class is the 2nd Saturday of every month.*

### VEGAN BACON 3 WAYS

Wed Sept 12th at 6:30 pm I Brad Myers, *The Vegabond Chef*  
Are you looking for a better breakfast alternative? Look no further! Brad will teach you three homemade vegan bacon recipes that taste remarkably like the real thing!  
*Brad's classes are the 2nd Wednesday & last Sunday of every month.*

### THAI CURRY COCONUT SOUP

Thu Sept 13th at 6:30 pm I John van Vlaardingen, *JvVHealth*  
This Southeast Asian inspired dish is an eclectic mixture of creamy & spicy! With a mild curry flavor, this recipe is perfect for National Ethnic Food Month. *John's class is the 2nd Thursday of every month.*

### MAIN COURSE MUSHROOMS

Sat Sept 15th at 11 am  
Debby DeGraaff, *Natural Foods Chef & Author*  
Mushrooms are high in antioxidants, selenium & vitamin D. Debby will show you how to incorporate these benefits into your diet with a wild forest mushroom soup. Enjoy this medley of shrooms covered in a stroganoff sauce topped with a vegan sour cream!  
*Debby's class is the 3rd Saturday of every month.*

### VEGAN KETO EATS

Sun Sept 16th at 1 pm I England Davis, *Holistic Mama*  
Trying to adapt a ketogenic diet while being vegan may seem like a hard task. With a little bit of kitchen guidance, it can be done! Join England as she prepares an animal-friendly recipe that will help you stay in ketosis.

### APPETIZER TRIO

Sat Sept 22nd at 11 am I Venus DeMarco, *A Healthy Life Made Simple*  
Do you struggle with what to serve your guests at the last minute? Venus has you covered with these three vegan & gluten-free snacks that will please everyone's taste buds! Try her signature guacamole, no-bean hummus & artichoke spinach dip.

### ENERGETICS OF FOOD: FOOD AS MEDICINE

Wed Sept 26th at 6:30 pm  
Dr. Paul Reynolds DOM AP & Cara Reynolds, *The Reynolds Kitchen*  
What you put at the end of your fork is more powerful medicine than anything you will find at the bottom of a pill bottle. Learn how to prepare vegan, gluten-free meals that nourish your body according to the energetics of food.  
*The Reynolds' class is the last Wednesday of every month.*

### EGG-LESS BENEDICT

Sun Sept 30th at 4 pm I Brad Myers, *The Vegabond Chef*  
The Eggs Benny is the king of breakfast items. Brad will show you how to veganize this American dish by modifying his famous vegan omelette recipe into a new tower of flavors!  
*Brad's classes are the 2nd Wednesday & last Sunday of every month.*

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