



Calendar of Upcoming Events

January 17, 6:30-7:15 pm

Healthy Eating on a Budget, a free workshop with Erin Halton, Nutrition Advocate for Living Well Chiropractic.

February 7, 5:30-6:30 pm

Beating the Winter Blues, a free workshop with Debbie Corey, Holistic Health Counselor and Life Coach.

February 11, 2-4 pm

Make Your Own Valentine's Day Cards, a free workshop for children. We'll make beautiful cards to give to parents, brothers, sisters, best friends and teachers, using imagination, crafts supplies and Equal Exchange chocolates! Juice and Valentine's Day treat will be served.

February 14-29

Winter Membership Drive. Receive a free gift for joining Wild Oats, a community resource for 30 years. Existing members — receive a \$5 gift card for every new member you help us sign up during the drive.

February 16, 5-7 pm

Know Your Farmer, 107 Main St. North Adams (tentative location). Wild Oats samples local products along with several local farmers and food producers. Free and open to all; please join us and EAT LOCAL!

February 21, 6:30-7:15

Turn up the Spice! Cooking With Spices for Better Health, a free workshop with Nutrition Advocate Erin Halton.

February 29, All Day

Member Appreciation Day. We show our appreciation for your support by offering you 5% off on most purchases store-wide. Several local suppliers will be sampling their products.

March 3, 1-3 pm

Ioka Valley Farm Maple Sugaring Tour. Free and open to all; children accompanied by an adult welcome.

March 4, 3-4 pm

Kombucha Making, a workshop with Evan Webb. Learn how to brew your own batch of this super-healthy drink. Workshop is free but there will be a materials cost (TBD). All will leave with a jug of freshly made kombucha.

March 9, 5:30-7:30 pm

Born to Be Wild, an open house to launch our year-long celebration of Wild Oats' 30th Anniversary. Yummy food & drink, and at least one fun activity to keep the kids occupied! All are invited.