

GRN-0611-CALENDAR OF EVENTS -RTL

THURSDAY, JUNE 2

Healthy in a Hurry Tour — 12-12:30pm. Fast store tour on eating healthy in a hurry. Free. Registration required. Whole Foods Market, 1140 Woodruff Rd, Greenville. 335-2300.

Summertime with Doterra Oils — 6:30-8pm. Control and take care of sunburns, insect bites, bruises, cuts, dehydration and more. Free. Creative Health, 215 S. Main St, Anderson. Limited space, must RSVP, 222-0511.

FRIDAY, JUNE 3

Swamp Rabbit Festival — June 3-4. 6-9pm June 3; 10am June 4. Family festival that includes BBQ, storytelling festival, children's art festival, music, drummers, dancers and games. Gateway Park/Center Street, Travelers Rest (off Main St. at Sunrift). For more info. contact Trillium Arts Centre, 834-2388.

SATURDAY, JUNE 4

Natural Approaches to Common Prenatal Digestive Issues — 10-11am. Interactive discussion revolving around digestive complaints commonly experienced during the first trimester of pregnancy and how to address them naturally. Free. Baby Impressions, 620 Congaree Rd, Greenville. 349-7442.

5th Annual Upstate Farm Tour — June 4-5, 1-6pm. Load up a car with family and friends and visit farms during the tour. Pack cooler with ice and stock up on the farm fresh goods. \$25 per carload or cycling group when purchased in advance. Two Meal Stops along the way, price not included. For more info visit carolinafarmstewards.org.

THURSDAY, JUNE 9

Health Power Half-an-Hour: Diabetes — 7pm. Simple ways to prevent diabetes. Free. Daly Designs, 421 S. Main St, Greenville. RSVP due to limited seating, 416-1136.

SATURDAY, JUNE 11

2nd Annual "Ole Country Store Day" — 10am-4pm. Farm tours, Bluegrass music, demonstrations and food to purchase. Free. Live Oak Farms, 230 Sam Davis Rd, Woodruff. 991-9839.

Do Less to Be More — 1pm. Simple strategies that nurture your family, protect the planet, and save you time and money. \$10 per hour green seminar. Natural Baby, 11 College St, Greenville. 704-7477 or 631-1500.

TUESDAY, JUNE 14

2nd Annual Farm to Fork — 7pm. Local food prepared by local chefs. Chefs compete in five categories: appetizer, salad, entrée, dessert and cocktail. Sample it all and vote. Proceeds to benefit a Buy Local Anderson Campaign. \$50. Carriage House, 151 E. Church St, Anderson. 934-1552.

Summer in the Raw — 7pm. Healthy and informative demo on the benefits, healing qualities and preparation of whole raw foods. Learn about the 7 and 28 day cleanse and get copies of the recipes. The Wild Radish, 161 Verdin Rd, Greenville. 297-1105.

THURSDAY, JUNE 16

Greenville International Alliance for Professional Women (GIAFPW) — 11:45am-1pm. An organization of professional women committed to furthering their professional and personal growth. RSVP required 48 hours before. \$18 for guests/\$13 for members. The Commerce Club, 55 Beattie Pl, Greenville. 244-0944.

Greenville Thyroid Support Group — 7pm. Those who suffer from thyroid conditions have symptoms that seem unrelated to their thyroid. These symptoms can point to a bigger underlying issue. Discuss this and more. Free. Wild Radish, 161 Verdin Rd, Greenville. 416-1136 to reserve space. Seating is limited.

FRIDAY, JUNE 17

Chautauqua Interactive Festival — June 17-23. 20 free daytime and evening shows throughout Greater Greenville and Spartanburg. Live on stage: John Muir, Albert Einstein, Frances Perkins, W.E.B. Du Bois and Mark Twain. Free, fun and family friendly. Chautauqua2011.com or 244-1499.

FRIDAY, JUNE 17

The Pharmacy of Flowers Aromatherapy Workshop with David Crow — 7-9:30pm. Free introduction. Sat. June 18, 9am-6pm workshop \$75 by June 1/\$90 after. Comprehensive introduction to aromatic plants and essential oils. Ideal for health practitioners wanting to enhance their businesses or for individuals interested accessing the ancient wisdom of oils for personal well-being. 10 CEU credits for massage therapists. Myers Park Baptist Church, Cornwell Conference Center in Charlotte. Info/register: Lisa Moore at 704-277-3887.

SATURDAY, JUNE 18

Herb Walk/Hike — 9am-1pm. Walk and hike your way thru trails discovering herbs that you can find in your own backyard with Qi Gong Practitioner, George Gantt. Instruction is free, park admission is \$2 a person. Jones Gap State Park. Meet 9am at Bi-Lo at corner of Rutherford and N. Pleasantburg to carpool. Bring your lunch. 419-2596.

A Heart-to-Heart Talk With Our Animal Friends — 1-3pm. Thru instruction, group sharing, and guided meditation, Pattie Carney will introduce you to the art of communicating with your animals. Bring pictures of the animals that touch your life. \$20 with pre-registration. Earth Fare, 3620 Pelham Rd, Greenville. 774-209-9393.

MONDAY, JUNE 20

Improving Your Life With Coaching — 6-8pm. Presentation on ways you can use coaching principles and communication protocols to help create positive changes in your life that will have lasting long-term impact. Free. Earth Fare, 3620 Pelham Rd, Greenville. 282-8989.

TUESDAY, JUNE 21

Native Plant Society Meeting — 7pm. Presentation on the threats to the Rocky Shoals Spider Lily, first discovered in 1773. Free. Greenville Tech at McAllister Square, 225 S. Pleasantburg Dr, Greenville. 972-0274.

WEDNESDAY, JUNE 22

Natural Awakenings Meetup — 6:30-8pm. LiveLogic Health Center & Headquarters Salon & Day Spa will give brief talks. Networking opportunities plus chance to win a door prize! Meetup is free. Dinner on your own; reservations required. Runway Café, 21 Airport Rd Ext, Greenville. 881-1268.

THURSDAY, JUNE 23

Health Starts Here Cooking Class for Kids — 6-7pm. Share some easy, fun and kid approved recipes. Bring the family and have your kids' taste how delicious healthy eating can be. Whole Foods Market, 1140 Woodruff Rd, Greenville. 335-2300 or 248-4910.

SATURDAY, JUNE 25

Prostate Cancer Screening — 8-11am. For all men, age 40 and older. Valuable screening also includes free educational information and evaluation of your risk of prostate cancer. All screenings conducted by physicians. Free. West End Community Development Center, corner of Green Ave and Vardry St, near Greenville High School, Downtown Greenville. 255-1212.

TUESDAY, JUNE 28

Thermograms at Greenville Natural Health Center — All day by appointment. Breast thermography is a safe, pain-free alternative for detection and establishing baseline for breast health for women of all ages. Cost varies, depending on exam type. Greenville Natural Health Center, 1901 Laurens Rd, Ste F, Greenville. 370-1140.

savethedate

UPSTATE YOGAFEST, TUESDAY, JUNE 21

Natural Awakenings is hosting An Upstate Yogafest. Six venues in various locations across the Upstate will be participating. Relax, stretch, and enjoy a free community event at a convenient venue in your county. Times will vary, but most of the locations are from 4-9pm. Forty-five minute yoga or Qi Gong classes will be offered along with green and natural health vendors also on hand. The following Yogafest venues from 4-9pm are Barnett Park in Spartanburg, the Farmer's Market in Anderson, the Maudlin Sports Center, in Mauldin, the Butler Springs Park in Greenville, and the Wyche Pavillion (next to the Peace Center) in Downtown Greenville. Whole Foods Market venue will be from 10am-2pm during their Tuesday Farmer's Market. For more information on participating or to be a vendor at any of these Yogafest venues, contact Natural Awakenings at 864-248-4910. *See ad, pages 4 and 5.*

markyourcalendar

SATURDAY, JUNE 25

Natural Awakenings Healthy Living Expo — 10am-4pm. Discover natural and eco-friendly local businesses and wellness providers from the Upstate. Sample products and services, enter free raffles, enjoy free chair massages and more. Free. Whole Foods Market, 1140 Woodruff Rd, Greenville. 335-2300 or 248-4910.

upcoming events

WEDNESDAY, JULY 6

Touch for Health Community Workshop — 7:30-9:30pm. Designed for the public to experience TFH Kinesiology techniques. \$15/\$5 with NA Mag coupon. Furman University, North Village J Community Center, Room 100. Travelers Rest. For more information or to register: Call 800-466-TFHA or 919-969-0027.