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## Want to Teach a Class?

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Do you have a great idea for a class?  
Are you a local chef or health and wellness professional who would like to share your knowledge?  
The Co-op hosts monthly cooking and wellness classes. Let us know what you have to offer!

Marketing & Outreach  
707- 462- 4778 Ext:115  
or email: [outreach@ukiahcoop.com](mailto:outreach@ukiahcoop.com)

**RSVP today with Customer Service at 462-4778 or online at [ukiahcoop.com](http://ukiahcoop.com).**

## Our Vision

We envision a community in which everyone has access to healthy food, where Ukiah Natural Foods Co-op is a vital part of the local food system.

## Stay in Touch

Classes and events fill up quickly, so please RSVP today with Customer Service at 462-4778 or online at [ukiahcoop.com](http://ukiahcoop.com).

## Teach a Class?

Interested in teaching a class?  
Email [outreach@ukiahcoop.com](mailto:outreach@ukiahcoop.com).

## Cancellation Policy

If cancellation is within 48 hours of class time, a credit toward future classes will be issued.

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## Co-op Classes and Events

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Kids Club **FREE** for  
Kids 12 and Under

UVMC - Superfoods,  
Smoothies & Salads  
with Mary Anne Cox  
**FREE EVENT**  
*Live Life Well*

Optimal Nutrition for  
Stages of Pregnancy,  
Birth & Postpartum  
with Constance Rock  
& Lisa Rawson  
**\$10/\$5**  
*Member-Owners*

# May Calendar