



# Bel Aire

## PLAZA

### July 2010 Events

#### *Raw Foods on the Go*

Wednesday, July 21

6 p.m. – 7:30 p.m.

Whole Foods Culinary Center

[\(Click Here for Directions\)](#)

Raw Foods On-The-Go is a class designed to help people plan snacks and meals when traveling or on the run. There will be plenty of tasting and valuable information exchanged. Brenda Hinton is a raw food chef and instructor. She specializes in helping people transition to a raw food diet and way of life. Join us for this great class! \$25



#### *Travel Wellness*

Wednesday, July 21

4 p.m. – 5 p.m.

Pharmaca Integrative Pharmacy

[\(Click Here for Directions\)](#)

Dr. Jennifer Deir, N.D. will show you her favorite must-have products for your first aid and travel kits.





## *Hendry Vineyard & Winery Wine Tasting*

Thursday & Friday, July 22 & 23

5 p.m. – 7 p.m.

Whole Foods

[\(Click Here for Directions\)](#)

Hendry is a small estate winery located in the south of the Napa Valley. With an emphasis in the vineyard, individual blocks of various varietals produce unique wines of character demonstrating the special terroir of the Hendry ranch. \$2



## *Top Ten Tapas*

Thursday, July 22

6 p.m. – 7 p.m.

Whole Foods Culinary Center

[\(Click Here for Directions\)](#)

Come to this Top Ten Tapas class featuring Whole Foods Market Napa resident wine guru, Jerry Aman. Each dinner Jerry will pair three of our top ten wines of the summer. Come to all of them and truly enjoy the taste and value of our top ten wines. \$20



## *Healthy Starts Here Supper Club*

Friday, July 23

6 p.m. – 7 p.m.

Whole Foods Culinary Center

[\(Click Here for Directions\)](#)

Join us for our Family Style Supper Club! Bring the kids, they eat free! Tonight's menu will feature delicious and healthy green pizza, fresh salad and fruit mousse. Our in-store educator Mel Mari will share recipes and teach us how to prepare healthy family style meals. Adults \$10, Kids are Free.



## *An Evening Celebration with Napa Pioneer Miljenko 'Mike' Grgich*

Friday, July 23

6 p.m. – 7 p.m.

BarBer'sQ

[\(Click Here for Directions\)](#)

We are proud to welcome Miljenko 'Mike' Grgich to BarBersQ! A Napa Valley pioneer, Mike co-founded Grgich Hills Cellars on July 4, 1977 with Austin Hills of the Hills Bros. Coffee family. In the now historic 1976 Paris tasting, Mike's 1973 Chateau Montelena Chardonnay bested the top white burgundies to take first place.



## *Kids Cooking Class*

Saturday, July 24

11 a.m. – 2 p.m.

Whole Foods Culinary Center

[\(Click Here for Directions\)](#)

We have another great kids class taught by Ms. Butterbeans, featuring the bright and delicious flavors of Japan and Hawaii. The kids will learn to make a delicious menu of Grilled Pineapple & Chicken Skewers, Seaweed and Sesame Salad as well as Japanese Fried Rice and Tangy Teriyaki Sauce. Chef Butterbeans' classes are participation-oriented and designed to give students as much hands-on experience as possible. Children will learn knife skills and great cooking techniques. Students will take home home all their recipes as well as enjoy the food they created. This class is open to 7-year-olds to teens. We ask that kids attend without their parents. Capacity is 12 so sign up early at customer service or online. \$20



## *Fairhills Wine Tasting*

Thursday & Friday, July 29 & 30

5 p.m. – 7 p.m.

Whole Foods

[\(Click Here for Directions\)](#)

Fairhills is the world's most well-known Fair Trade brand whose wines are sourced from Argentina, Chile, and South Africa. \$2





## *Environmental Detox*

Thursday, July 29

5:30 p.m. – 6:30 p.m.

Pharmaca Integrative Pharmacy

[\(Click Here for Directions\)](#)

Learn about our exposure to heavy metals and environmental toxins, the potential health effects and which tools can help reduce tissue levels of most toxins.



## *Sushi & Alsace*

Friday, July 30

6 p.m. – 7 p.m.

Whole Foods Culinary Center

[\(Click Here for Directions\)](#)

Join resident wine guru Jerry Aman for a very uniquely delicious dinner! With dishes featuring different varieties of wines from the French Alsace region, you are sure to be in for a treat! \$50





# Bel Aire P L A Z A

## August 2010 Events

### *Thyroid Health*

Thursday, August 5

3 p.m. – 4 p.m.

Pharmaca Integrative Pharmacy

[\(Click Here for Directions\)](#)

China Rose Reid, NTP, CCH

Discover how food choices, nutritional supplements and medicinal herbs can play supportive roles in balancing your thyroid. All attendees will receive a free iodine test, a key player in thyroid health.



### *The Mystery of Desire*

Saturday, August 7

2 p.m. – 3 p.m.

Pharmaca Integrative Pharmacy

[\(Click Here for Directions\)](#)

Rhea Orion Dyer, PhD(c), MEd, MFTi, CSC

Wish the romance was stronger in your life, or just want to rekindle some passion? Learn tips to improve your love life, and unravel the real mystery of desire.

