



SEPTEMBER CLASSES *and* EVENTS

CLASSES

GreenStar strives to contribute to our community's well-being through the classes we offer.



Self-Care for Chronic Shoulder Pain

Thursday, September 12, 7 - 8:30 pm
with Gabriel Hoff

This class is free

There's a lot you can do yourself for chronic shoulder pain and frozen shoulder (adhesive capsulitis). Gabriel Hoff will demonstrate and discuss various options, including stretches, self-massage, acupressure, hydrotherapy, and useful products. A practitioner of medical massage, shiatsu, and biodynamic craniosacral work in Ithaca, Gabriel taught massage therapy at the Finger Lakes School of Massage for 4 ½ years.



Managing Ticks and Lyme Disease with Herbs and Nutrition

Wednesday, September 18, 7 - 8:15 pm
with Sophie Alexander, owner and lead practitioner at the Nutritional Wellness Center

This class is free

Sophie Alexander of the Nutritional Wellness Center will share her personal and clinical experience with Lyme Disease. Come learn about various options for both prevention of Lyme and managing symptoms once infected.



Vegan Harvest Time Desserts

Wednesday, September 25, 7 - 8:30 pm
with Theresa Joseph

\$10 for GreenStar owners,
\$12 for non-owners,

Fall is here and the farmers markets are filling up with bushels of apples, pears, squash, and more. Come learn the essentials of making tasty and healthful vegan pies and desserts. You will take away delightfully scrumptious vegan, dairy-free recipes — some gluten-free. Eat a balanced meal before coming to class, as there will be plenty to sample! Instructor Theresa Joseph owns J.O.G. for Health Farm in Danby, manages after-school cooking classes for the Coalition for Healthy School Food, and cooks for Light on the Hill Retreat Center in Van Etten.

Classes are held in The Classrooms @ GreenStar, located at 702 W. Buffalo Street.

HOW TO SIGN UP FOR A CLASS:

Online at www.greenstar.coop/classes/, in person at our West End store's Customer Service Desk, or by phone (607-273-9392). *Pre-registration required. Class size is limited.*



COOKING & FOOD

Learn about nutrition and how to use fresh, local ingredients



ENVIRONMENT

Classes focused on our natural environment and the sustainability movement



HEALTH & WELLNESS

Get the knowledge to help you feel your best from a local expert

UPCOMING EVENTS



TASTINGS @ COLLEGETOWN

EMMY'S ORGANICS: Tuesday, September 3, 4 - 7 pm

ITHACA SOY: Wednesday, September 4, 4 - 7 pm

Welcome Back Students! Stop by our Collegetown store for samples from some of our favorite local suppliers.

SIGN UP FOR COMMUNITY SOLAR

Friday, September 6, 2-5 pm

Wednesday, September 18, 10 am - 1 pm

Thursday, September 26, 11 am - 2 pm

In partnership with Delaware River Solar (DRS), we are offering community solar as a new benefit for our Co-op owners and shoppers — **and you'll receive a \$50 GreenStar gift card when you are registered for the program!** Stop by the West End store foyer to chat with representatives from DRS about how you can save money and help the Co-op's expansion efforts by making the switch to community solar energy. You'll need your NYSEG account number (or a bill) to sign up. Learn more at: www.greenstar.coop/growingsolar



TASTING: VEGAN TUSCAN TOMATO PIE

Tuesday, September 17, noon - 1:30 pm at the West End Store

Join Theresa Joseph in our West End store foyer for a sample of this easy family meal favorite from the Coalition for Healthy School Food. Tuscan Tomato Pie uses fresh tomatoes, basil, beans, and one of our GreenStar Bakery-made pizza doughs.



CO-OP OWNER VOLUNTEER PROGRAM ORIENTATIONS

GreenStar offers a wide variety of volunteer opportunities for Co-op Owners! To get started, you'll need to attend an Owner Volunteer Program Orientation.

Friday, September 6, 1 - 2 pm at GreenStar Collegetown

Tuesday, September 10, noon - 1 pm at The Classrooms @ GreenStar

Thursday, September 19, 5 - 6 pm at GreenStar DeWitt

Monday, September 23, 5 - 6 pm at The Classrooms @ GreenStar

Register online: greenstar.coop/classes or email: volunteer@greenstar.coop