

Q&A



with Lily, Natural Grocers' Nutritional Health Coach Expert

Are avocados good
for joint pain?

I have wheat & nut allergies, what
can I use as a flour substitute?

How can I get more
fiber in my diet?

What are some
natural sugar substitutes?

What's the best way to
preserve celery in the
fridge?

**Lily will be joining us in the Arts Center on
Saturday, 8/2/25 from 10AM-1PM.**

Come ask her nutritional questions & learn some helpful tips.

Lily graduated from Sofia University St. Kliment Ohridski with an MS in Molecular Biology with a Biochemistry Major. She obtained her Ph.D. in Biophysics at the Bulgarian Academy of Sciences. Lily also completed Nutrition Essentials Certificate (IDEA Health and Fitness Association), Lifestyle Coach Training (National Diabetes Prevention Program), and Nutrition Coaching Certification (American Council on Exercise - ACE®). As a Nutritional Health Coach for Natural Grocers, she is a passionate advocate for supporting a lively and robust community.



If you can't wait until the fair to ask Lily your nutritional question/s, no problem, just scan this QR Code to the left or visit the web link to schedule a FREE Nutritional Health Coaching Session with Lily at our local Natural Grocers.

