

Q&A Session



with Lily, Natural Grocers' Nutritional Health Coach Expert

Can avocados help with joint health?

What can I use as a wheat or nut 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, 8/1/26 from 10AM-2PM.

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.



Lily Maneva-Radicheva, MS PhD



If you can't wait for the Q&A Session with Lily, no worries, just scan the QR Code or visit the web address below to schedule your FREE Nutritional Health Coaching Session at our local Natural Grocers.



naturalgrocers.com/contact/request_a_coaching_session