

# EVENT CALENDAR

MAY

08

Wed  
12:00pm  
to  
12:30pm

## Quick Class: Smoothie Bowls

*by Presley Van Ardoy* Sponsored By: Natural Grocers

Smoothie bowls are what they sound like, but much more fun than you would think. You can create pretty much any combo of flavors that you want and top it with your favorite goodies. Come experience the easiest and healthiest way to turn a smoothie into a meal!

MAY

18

Sat  
12:00pm  
to  
12:30pm

## Quick Class: What's the Fermented Fuss?

*by Presley Van Ardoy* Sponsored By: Natural Grocers

Interested in what all the fermented food fuss is about? Come to our fermented fast class and discover how you can join the good4urevolution and Learn. Eat. Dream!

JUN

15

Sat  
12:00pm  
to  
1:00pm

## Healthy Skin and the Sun

*by Presley Van Ardoy* Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

JUN

21

Fri  
10:00am  
to  
12:00pm

## Hack Your Coffee Demo

*by Presley Van Ardoy* Sponsored By: Natural Grocers

Did you know your coffee can hold the key to unlocking your health potential? Find out how to 'Hack Your Coffee' with energizing and health-boosting ingredients like MCT oil, pasture-based butter, spices, and sweeteners. Our Nutritional Health Coach will be brewing up FREE samples in the store. Come sip & savor the health benefits today!

JUL

09

Tue  
5:30pm  
to  
6:30pm

## Dinner: More Veggies, Please!

*by Presley Van Ardoy* Sponsored By: Natural Grocers

What's for dinner? Vegetables! Discover how to eat more organic vegetables at dinner and we'll help make all your healthy dreams a reality.



**DOWNLOAD OUR APP AND JOIN OUR  
FREE REWARDS PROGRAM TODAY!\***



## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

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