

# EVENT CALENDAR

Phoenix - Indian School Rd  
(602) 277-3000

655 W. Indian School Rd  
Phoenix, AZ85013

OCT

31

Thu  
12:00pm  
to  
1:00pm

## 21 Days to Health: Eat for Your Health

by *Amanda Morris NHC* Sponsored By: Natural Grocers

Join us as we begin our 21 Days to a Healthier You series. NHCs will unpack what healthy eating means and provide the foundation for building balanced and delicious meals that regenerate our world. You'll discover how to read food labels and use supplements to propel vibrant health. Following the class, turn education into action with a 7-day challenge of eating to the Natural Grocers Regenivore Meal Wheel. [Sign up!](#)





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FREE REWARDS PROGRAM TODAY!\***



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

# **THE RESPIRATORY ROCKSTAR\*\***

**By supporting immune competence, quercetin  
promotes respiratory comfort and health during  
a change in seasons and year-round.\*\***

**[naturalgrocers.com/quercetin](https://naturalgrocers.com/quercetin)**

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\*\* These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.