

# EVENT CALENDAR

MAY

11

Sat  
12:00pm  
to  
1:00pm

## Snacking Can Be good4u!

*by Kevin Iski* Sponsored By: Natural Grocers

Move over crackers; there's a new snack in town! We'll teach you tips and tricks for helping you stay on track and achieve your health goals...even when it comes to snacking! We put our best snack-happy, brain-fog-busting, energy-packing snacks to the test, and we're ready to share them with you. Discover nutrient-dense, snack-tastic treats and CHALLENGE your snacking habits this week!

MAY

23

Thu  
3:30pm  
to  
5:00pm

## Come and Get Your Fix!

*by Dirty Diana's Hot Chili Oil*

You've got to come and check out Dirty Diana's Hot Chili Oil. The owner is a fantastic cook, and he'll prepare some delicious food for you. The best part is that you'll see them in action and taste some free samples of their fantastic chili oil. Trust me, you will want to take advantage of this opportunity! No matter if you are vegan or Paleo Dirty D's goes with any meal that your taste buds desire!



**DOWNLOAD OUR APP AND JOIN OUR  
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.