

# EVENT CALENDAR

MAY

19

Sun  
2:00pm  
to  
3:00pm

## The Unsweet Side of Soda

*by Jayne Bell* Sponsored By: Natural Grocers

Soda, pop, cola -- whatever you want to call it -- contains a mishmash of chemicals and enough sugar to ruin your good health. Sugar consumption in the United States has reached unreal levels and its rise is mirrored by the rise in many of the chronic health problems that plague Americans. Use tips learned in this class to break the sugar addiction and improve your health and the health of your family.

JUN

09

Sun  
2:00pm  
to  
3:00pm

## Stress Fighting Foods

*by Jayne Bell* Sponsored By: Natural Grocers

Chronic stress causes us to gain belly fat, can shrink our brain cells and destroys our immune system. While removing stress from your life may not be entirely possible, there are foods that help support a calm mood and healthy stress response. Delicious recipes taught in this class will show you how to incorporate these foods into your everyday diet.

JUN

23

Sun  
2:00pm  
to  
3:00pm

## The War on Salt

*by Jayne Bell* Sponsored By: Natural Grocers

We've seen the headlines and dietary guidelines urging all Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is actually health-promoting. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.

JUL

14

Sun  
2:00pm  
to  
3:00pm

## Dinner: More Veggies, Please!

*by Jayne Bell* 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.

JUL

28

Sun  
2:00pm  
to  
3:00pm

## Bone Builders and Bone Breakers

*by Jayne Bell* Sponsored By: Natural Grocers

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.



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## **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.\*\***

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