

EVENT CALENDAR

Gilbert - Baseline
(480) 635-9000

2151 E Baseline Rd
Gilbert, AZ85234

MAY

11

Sat
1:00pm
to
2:00pm

Feed Your Brain

by Danielle Shahan Sponsored By: Natural Grocers

Is your brain starved for better nutrition? Do you find it hard to concentrate or focus? Do you feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? Then this class is for you. Learn the secrets of a better brain at any age.

MAY

17

Fri
5:00pm
to
6:00pm

Bone Builders and Bone Breakers

by Danielle Shahan 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.

JUN

15

Sat
1:00pm
to
2:00pm

Quick Class: What's the Fermented Fuss?

by Danielle Shahan 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

22

Sat
1:00pm
to
2:00pm

Dysbiosis and Digestive Discomfort

by Danielle Shahan Sponsored By: Natural Grocers

Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.





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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.****

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