

# EVENT CALENDAR

MAY

11

Sat  
1:30pm  
to  
2:30pm

## DIY Body Care for Every Body

*by April Allen* Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

MAY

16

Thu  
6:00pm  
to  
7:00pm

## Overcoming Food Allergies

*by Jodie Rivers*

Jodie will be discussing how she went from having multiple food allergies to allergy free, the cause of allergies/sensitivities, correcting dysbiosis, how you can have food freedom again and start living a better quality of life and more!

MAY

18

Sat  
1:30pm  
to  
2:30pm

## Vegan Paleo Salad Dressings and Dips

*by April Allen* Sponsored By: Natural Grocers

We all need to eat healthy fats to support a healthy inflammatory balance in our bodies. Many polyunsaturated fats found in most bottled salad dressings promote inflammation. Dress your veggies with recipes taught at this class and maintain a balanced intake of Omega 3 and 6 fatty acids and support optimal health!

JUN

29

Sat  
1:30pm  
to  
2:30pm

## Inflammation 101

*by April Allen* Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.



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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.