

# EVENT CALENDAR

Hurst  
(682) 738-3014

759 Grapevine Hwy  
Hurst, TX 76054

MAY

26

Sun  
2:00pm  
to  
3:00pm

## Quick Class: Everyday Essential Oils for Health

by *Dana Pettigrew* Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.





**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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