

EVENT CALENDAR

JUN

08

Sat
11:00am
to
12:00pm

Natural Hacks to Support a Healthy Mood

by *Serena D'Ippolito* Sponsored By: Natural Grocers

Don't worry be happy, lose the 'tude, turn that frown upside down... all easier said than done, until now. Gain a new understanding of the many complexities that play a role in supporting a healthy mood or hindering it. Nutritional, supplemental, environmental, lifestyle and other key factors will be discussed.

JUN

29

Sat
11:30am
to
12:00pm

Quick Class: Avocado Awesomeness

by *Serena D'Ippolito* Sponsored By: Natural Grocers

Look, it's a vegetable, it's a nut, no it's a *superfruit*! Discover the amazing health benefits of avocado, such as monounsaturated fats, potassium, fiber, B vitamins and other health-supportive compounds. You can experience avocado awesomeness every day!

JUL

13

Sat
11:00am
to
12:00pm

Creating a Healthy Home

by *Serena D'Ippolito* Sponsored By: Natural Grocers

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation in their home. But, did you know that there are a lot of other toxic compounds found in your home, like constant exposure to electromagnetic frequencies, that may be damaging to your health? Get all the tips and tricks on creating a healthy home environment.

JUL

20

Sat
10:00am
to
11:00am

How to Survive Today's Food Jungle

by *Serena D'Ippolito* Sponsored By: Natural Grocers

Food today is entirely different than it was in your grandparents' day. From the way it's grown to the way it's processed and packaged (including the nutritional value), everything has changed. Knowing how to choose the highest-quality foods is key to caring for your health.



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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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