

# EVENT CALENDAR

MAY

18

Sat  
12:00pm  
to  
1:00pm

## Healthy Skin and the Sun

*by Raelene Ortivez* Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

JUN

22

Sat  
12:00pm  
to  
12:30pm

## Quick Class: Eggs-Beyond Breakfast

*by Raelene Ortivez* Sponsored By: Natural Grocers

Which came first the chicken or the egg? While the adage may never be answered, our selection of eggcellent free range & new, NG These Came First pasture-raised eggs are as delicious and nutritious as ever! Eggs—it's what's for breakfast, lunch and dinner! Join the good4urevolution and Learn. Eat. Dream!

JUL

20

Sat  
12:00pm  
to  
1:00pm

## Are You Getting E-nough In Your Diet?

*by Raelene Ortivez* Sponsored By: Natural Grocers

88% of Americans don't get enough vitamin E. This important antioxidant is E-ssential for bone, skin, eye, cardiovascular health, and immune function. Come take the quiz to see if you're getting E-nough and discover why vitamin E is such a crucial part of your daily routine.

AUG

22

Thu  
4:00pm  
to  
5:00pm

## Kids Class: Nutrition 4 the Win!

*by Raelene Ortivez* Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.

SEP

13

Fri  
4:00pm  
to  
5:00pm

## Digestive Health 101

*by Raelene Ortivez* Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

OCT

26

Sat  
12:00pm  
to  
1:00pm

## Taking Gluten Free to the Next Level

*by Raelene Ortivez* Sponsored By: Natural Grocers

Whether necessity or choice led you to eat gluten free, this eating style is helping many experience the health benefits: less bloating, less brain fog and better sleep because of it. What if you could take gluten free eating to the next level? Eating Grain Free may bring you the health benefits you're seeking.



**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.\*\***

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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.