

EVENT CALENDAR

Amarillo
(806) 463-5500

7441 Hillside Rd
Amarillo, TX 79119

MAY

18

Sat
11:00am
to
12:00pm

DIY Body Care for Every Body

by *Ana Masias* 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

25

Sat
11:00am
to
12:00pm

Healthy Skin and the Sun

by *Ana Masias* 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

01

Sat
11:00am
to
12:00pm

Paleo Wraps

by *Ana Masias* Sponsored By: Natural Grocers

Are you stuck in your lunch-time rut? Break the bread habit by learning how to make a delicious Paleo lettuce wrap instead. Cooking healthy Paleo dishes doesn't need to be complicated or time consuming, it's actually quite simple! Even better, Paleo Wraps help boost your intake of healthy foods.

JUN

15

Sat
11:00am
to
12:00pm

Quick Class: Elevate Your Tailgate!

by *Ana Masias* Sponsored By: Natural Grocers

Take your favorite tailgating foods to a new, good4u level and score a win for team healthy! There's no need to search for completely new recipes—cheer on your team with classics like dips & drinks—just upgrade them! Featuring our “good4u Snack Kebobs.”





**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

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