

# EVENT CALENDAR

MAY

25

Sat  
12:30pm  
to  
1:30pm

## 21 Days to Health: Eat for Your Health

by *Katie Egge* Sponsored By: Natural Grocers

Join us as we begin our 21 Days to a Healthier You series. NHCs will unpack what healthy eating means and provide the foundation for building balanced and delicious meals that regenerate our world. You'll discover how to read food labels and use supplements to propel vibrant health. Following the class, turn education into action with a 7-day challenge of eating to the Natural Grocers Regenivore Meal Wheel. [Sign up!](#)

JUN

01

Sat  
12:30pm  
to  
1:30pm

## 21 Days to Health: Kick Sugar Cravings

by *Katie Egge* Sponsored By: Natural Grocers

Blood sugar levels throughout the day and over time have major impacts on our health. In week 2 of our 21 Days to a Healthier You series, you'll learn how blood sugar impacts health and the steps to maintain healthy blood sugar balance. Following the class, turn education into action with a 7-day challenge focused on removing added sugars to support increased energy, positive mood, better sleep, and more! [Sign up!](#)

JUN

08

Sat  
12:30pm  
to  
1:30pm

## 21 Days to Health: Detoxify Your Life

by *Katie Egge* Sponsored By: Natural Grocers

Our world is polluted with some 80k chemicals. In week 3 of our 21 Days to a Healthier You series, we will discuss two key ways to minimize their negative impact and discover the benefits of daily detoxification. We will also uncover how to reduce your toxic burden and the toxic burden on our planet. Following the class, turn education into action with a 7-day challenge to detoxify your body and environment. [Sign up!](#)

JUN

22

Sat  
12:30pm  
to  
1:30pm

## Natural Tips to Support Healthy Sleep

by *Katie Egge* Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.

JUL

13

Sat  
12:30pm  
to  
1:30pm

## Where to Start to Love Your Heart

by *Katie Egge* Sponsored By: Natural Grocers

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.





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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

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**By supporting immune competence, 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.