

EVENT CALENDAR

Castle Rock
(303) 660-2600

4510 Trail Boss Drive
Castle Rock, CO80104

MAY

10

Fri
1:00pm
to
2:00pm

The Power of Mushroom Supplements

by Rebecca Albrecht Sponsored By: Natural Grocers

Mushroom supplements are growing in popularity and for good reason.

Research is booming showing that mushroom supplements support almost every facet of health, including healthy energy levels, healthy immune system function, glowing skin and hair, and brain, liver, and sinus health. Join us to discover the power of mushroom supplements and find the perfect mushroom for you. Whatever your health goal, mushroom supplements make it achievable!

JUN

07

Fri
1:00pm
to
2:00pm

Rockstar Lung and Respiratory Health

by Rebecca Albrecht Sponsored By: Natural Grocers

Our respiratory system is hard at work every day, supplying the body with the oxygen it needs to function and carry out living processes. It's also one of our first lines of defense against harmful substances and provides detoxification support, among other things. In this class, you'll learn how diet, lifestyle, & supplements can help maintain rockstar lung and respiratory health throughout your lifetime.





**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

*See naturalgrocers.com/privacy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power® Terms of Use. Message and data rates may apply.

** These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.