

EVENT CALENDAR

MAY

07

Tue
5:30pm
to
6:15pm

Quick Class: Apple Cider Vinegar

by *Dawn Franz* Sponsored By: Natural Grocers

Apple cider vinegar provides a laundry list of health benefits... heck, you can even do your laundry with it! Learn how to use apple cider vinegar to support blood sugar regulation, a healthy body weight, heart health, and more.

MAY

15

Wed
12:30pm
to
1:30pm

Demystifying Mushrooms

by *Richard Cividanes*

This presentation will provide a great basic review of the fascinating mushrooms used in Host Defense products. We will discuss the many benefits of mycelium grown on rice (NO fillers!), and the groundbreaking research associated with Host Defense Mushroom products. We will dive deeper into how to incorporate Host Defense products into your lifestyle. One lucky winner will receive a FREE HOST DEFENSE GIFT BASKET!

MAY

31

Fri
11:00am
to
12:00pm

Pregnancy Nutrition for Mom & Baby

by *Dawn Franz* Sponsored By: Natural Grocers

Pregnant or planning on it? Join us to learn about the power of food for promoting optimal health for mom and baby. We'll discuss foundational principles for a healthy diet, emphasizing whole, real food and support healthy blood sugar balance. Next, we'll cover specific nutrients, supplements, and pregnancy-supportive herbs, as well as natural tips for morning sickness. We'll also look ahead to lactation nutrition!

JUN

11

Tue
5:30pm
to
6:30pm

The Unsweet Side of Soda

by *Dawn Franz* Sponsored By: Natural Grocers

Soda, pop, cola -- whatever you want to call it -- contains a mishmash of chemicals and enough sugar to ruin your good health. Sugar consumption in the United States has reached unreal levels and its rise is mirrored by the rise in many of the chronic health problems that plague Americans. Use tips learned in this class to break the sugar addiction and improve your health and the health of your family.

JUN

25

Tue
5:30pm
to
6:30pm

Healthy Skin and the Sun

by *Dawn Franz* 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!

AUG

20

Tue
5:30pm
to
6:30pm

Kids Class: Nutrition 4 the Win!

by *Dawn Franz* 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.



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