

EVENT CALENDAR

Evergreen
(303) 679-9800

1291 Bergen Pkwy.
Evergreen, CO80439

MAY

18

Sat
11:00am
to
12:00pm

The War on Salt

by *Luke Burns* Sponsored By: Natural Grocers

We've seen the headlines and dietary guidelines urging all Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is actually health-promoting. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.

JUN

01

Sat
11:00am
to
12:00pm

The Power of Probiotics

by *Luke Burns* Sponsored By: Natural Grocers

Add some life to your plate and join us to sample and learn about the variety of living cultured foods that are available from yogurt and kefir to kimchi. Eating fermented, probiotic-rich foods keeps your gut and YOU healthy. For thousands of years, humans have relied on these superfoods for overall health, but today our diet is often lacking in them.

JUN

22

Sat
11:00am
to
12:00pm

Rockstar Lung and Respiratory Health

by *Luke Burns* 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.

JUL

06

Sat
11:00am
to
12:00pm

Natural Tips to Support Healthy Sleep

by *Luke Burns* 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

20

Sat
11:00am
to
12:00pm

Digestive Health 101

by *Luke Burns* 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.

AUG

10

Sat
11:00am
to
12:00pm

Snacking Can Be good4u!

by *Luke Burns* Sponsored By: Natural Grocers

Move over crackers; there's a new snack in town! We'll teach you tips and tricks for helping you stay on track and achieve your health goals...even when it comes to snacking! We put our best snack-happy, brain-fog-busting, energy-packing snacks to the test, and we're ready to share them with you. Discover nutrient-dense, snack-tastic treats and CHALLENGE your snacking habits this week!

AUG

24

Sat
11:00am
to
12:00pm

Kids Class: Nutrition 4 the Win!

by *Luke Burns* 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

14

Sat
11:00am
to
12:00pm

Detox 101

by *Luke Burns* Sponsored By: Natural Grocers

There are a million reasons to detox -- and probably a million different ways to go about it. But what's the best way? Join us to discover how an effective detox must not only address our exposure to toxins, but also support our body's daily detoxification functions.





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