

# EVENT CALENDAR

MAY

14

Tue  
11:30am  
to  
12:30pm

## 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

18

Sat  
1:00pm  
to  
2:15pm

## Radiant Skin Begins Within

by *Kelly Andis* Sponsored By: Natural Grocers

As your body's largest organ, your skin deserves to be as nurtured and protected as much as any other part of the body—with a healthy diet tailored to its unique needs. Unlock your skin's innate ability to defend itself from the inside out against harmful UV rays and other AGE accelerating factors. Graceful aging of the skin begins within!

MAY

25

Sat  
1:00pm  
to  
2:00pm

## Conquering Obesity and Eating Disorders

by *Justin Halstead*

In this talk, I will share my experience with obesity and a battle with an eating disorder and provide practical tips and next steps for those struggling with these things, or with family members who are. I will also promote the Natural Grocers Nutritional Health Coach, which is such an amazing resource!

JUN

08

Sat  
1:00pm  
to  
2:15pm

## Maximize Your Healthspan

by *Kelly Andis* Sponsored By: Natural Grocers

We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? For most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your healthspan is all about learning how to put health back into your years, so you can live life to the fullest.

JUN

22

Sat  
1:00pm  
to  
2:15pm

## The Unsweet Side of Soda

by *Kelly Andis* 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.

JUL

13

Sat  
1:00pm  
to  
2:15pm

## Dysbiosis and Digestive Discomfort

by *Kelly Andis* Sponsored By: Natural Grocers

Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.

JUL

27

Sat  
1:00pm  
to  
2:15pm

## Foundational Five Supplements

by *Kelly Andis* Sponsored By: Natural Grocers

Vitamins and minerals are essential for life and every biological process in the body is driven by a nutrient. Unfortunately, even when we try to eat healthy, most of us will not get optimal amounts of these necessary nutrients from food alone. That's where supplements come in - they help you live life to the fullest. Discover the Foundational 5 Supplements which are necessary for good health and optimal wellness.

AUG

10

Sat  
1:00pm  
to  
2:15pm

## Where to Start to Love Your Heart

by *Kelly Andis* 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.

AUG

24

Sat  
1:00pm  
to  
2:15pm

## Kids Class: Nutrition 4 the Win!

by *Kelly Andis* 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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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

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