

EVENT CALENDAR

MAY

08

Wed
11:00am
to
12:00pm

Are You Getting E-nough In Your Diet?

by Morgan Reeser Sponsored By: Natural Grocers

88% of Americans don't get enough vitamin E. This important antioxidant is essential for bone, skin, eye, cardiovascular health, and immune function. Come take the quiz to see if you're getting E-nough and discover why vitamin E is such a crucial part of your daily routine.

MAY

23

Thu
12:00pm
to
1:00pm

Quick Class: Avocado Awesomeness

by Morgan Reeser Sponsored By: Natural Grocers

Look, it's a vegetable, it's a nut, no it's a *superfruit*! Discover the amazing health benefits of avocado, such as monounsaturated fats, potassium, fiber, B vitamins and other health-supportive compounds. You can experience avocado awesomeness every day!

JUN

12

Wed
11:30am
to
12:30pm

DIY Body Care for Every Body

by Morgan Reeser Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

JUN

19

Wed
11:30am
to
12:30pm

GMOs: What Are They and Why Care?

by Morgan Reeser Sponsored By: Natural Grocers

Genetically modified organisms (GMOs) have become a pervasive part of our food system. While GMO is broadly used term, in general it refers to crops that have been engineered to produce pesticides or can have weed-killer sprayed on them without being harmed. The use of GMOs has resulted in severe and unexpected economic, environmental, and health consequences. Vote with your dollar and say NO to GMOs.

JUN

25

Tue
10:30am
to
11:30am

Beat The Heat

by Morgan Reeser Sponsored By: Natural Grocers

Who doesn't love the cool, refreshing taste of watermelon during the hot summer months? We've taken it up a notch with this Fruity Watermelon Pizza. Thick slices of watermelon are topped with a yogurt-cream cheese sauce and the freshest summer fruit. It's healthy, delightful, and refreshing and makes a wonderful snack or light dessert. Make it vegan by swapping the yogurt and cream cheese for dairy-free options.

JUN

27

Thu
3:30pm
to
4:30pm

You Have the Power to Save Your Memory

by Morgan Reeser Sponsored By: Natural Grocers

Our memory makes us who we are; it helps us stay connected to the present and helps us hold onto our favorite parts of the past. Losing the ability to access these memories and remember our loved ones faces is a scary part of aging. As diseases that rob us of our valuable memories become more and more common, we need to do everything we can to protect our memory.



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