

EVENT CALENDAR

MAY

11

Sat
11:00am
to
12:00pm

DIY Body Care for Every Body

by Veronica McBryde 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 skincare chemicals and learn fun, easy, do-it-yourself body care using oils, foods, and everyday ingredients at home.

MAY

25

Sat
11:00am
to
12:00pm

Quick Class: Got Chocolate?

by Veronica McBryde Sponsored By: Natural Grocers

Gotta have chocolate? Then you're one of us! Indulge in a chocolatey daze of delectable sweetness when you discover everything there is to know about the smooth, satisfying richness that is irresistible chocolate! Did someone say samples? We did! Join the good4urevolution and Learn. Eat. Dream!

JUN

15

Sat
11:00am
to
12:00pm

Quick Class: Elevate Your Tailgate!

by Veronica McBryde Sponsored By: Natural Grocers

Take your favorite tailgating foods to a new, good4u level and score a win for team healthy! There's no need to search for completely new recipes—cheer on your team with classics like dips & drinks—just upgrade them! Featuring our “good4u Snack Kebobs.”

JUL

13

Sat
11:00am
to
12:00pm

good4u Food on a Budget

by Veronica McBryde Sponsored By: Natural Grocers

Join us for our good4u, good4your budget store tour and discover how to support you and your family's optimal health—without breaking the bank! We'll show you our tips and tools for staying on track, using our Menu Planner, Shopping & Pantry List, Healthy Meal Wheel, and more! Let your Nutritional Health Coach be your guide to following your personal food budget.

JUL

27

Sat
11:00am
to
12:00pm

The Power of Probiotics

by Veronica McBryde Sponsored By: Natural Grocers

I am your gut bacteria; you might be shocked to hear this, but I influence how every part of your body works: how easily you lose (or gain) weight, how your immune system functions, even your ability to focus. Knowing which supplements are essential for keeping me (and you!) healthy is easy if you attend this class.

AUG

10

Sat
11:00am
to
12:00pm

Building Healthy & Delicious Meals

by Veronica McBryde Sponsored By: Natural Grocers

Let's get back to the basics! Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy & delicious meals. Together we'll make meal planning easy!

AUG

24

Sat
11:00am
to
12:00pm

Kids Class: Nutrition 4 the Win!

by Veronica McBryde 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

THE RESPIRATORY ROCKSTAR**

By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.**

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