

# EVENT CALENDAR

Wichita  
(316) 636-4242

1715 N. Rock Rd  
Wichita, KS67206

MAY

11

Sat  
11:00am  
to  
12:00pm

## Mothers Day Tea

*by Aubrey Vereecke* Sponsored By: Natural Grocers

Join us for some tea and light snacks to celebrate Mother's Day. Learn about the benefits of various Teas and herbs and how they can support your well-being. We will have a DIY loose-leaf tea station where you can make your own blend to take home!

MAY

24

Fri  
11:00am  
to  
11:30am

## It's in the Air: Seasonal Irritants

*by Aubrey Vereecke* Sponsored By: Natural Grocers

Problems with pollen? It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. Breathe Deeply!

JUN

01

Sat  
11:00am  
to  
12:00pm

## Paleo/Primal Salad Dressings and Dips

*by Aubrey Vereecke* Sponsored By: Natural Grocers

Did you know a diet containing healthy fats can support a healthy inflammatory balance? Polyunsaturated fats found in bottled salad dressings promote inflammation. Dress your greens with recipes demonstrated at this class and maintain a balanced intake of Omega 3 and 6 fatty acids which support optimal health!

JUN

14

Fri  
11:00am  
to  
11:30am

## Natural Hacks for Attention Support

*by Aubrey Vereecke* Sponsored By: Natural Grocers

Do you or your child require a lot of brain power throughout the day but find you're in need of some "focus pocus"? Come discover how nutrition and lifestyle tweaks can support your attention to help learning and cognition be as easy as pi(e).





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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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