

# EVENT CALENDAR

MAY

11

Sat  
2:00pm  
to  
3:00pm

## Foods for Fitness

by **Brandon Kirchner** Sponsored By: Natural Grocers

Ever wonder why some foods help you go the extra mile, while others seem to hold you back? Learn which foods best support your active body and discover new recipes to help you fuel up before, during and after exercise.

MAY

25

Sat  
2:00pm  
to  
3:00pm

## Fight the Blue Light with Lutein

by **Brandon Kirchner** Sponsored By: Natural Grocers

Blue light is everywhere and unavoidable. Many of us spend over 10 hours every day staring at blue light from our digital devices. This is not only problematic for our eye health but can also interfere with sleep and cognition. Join us to discover why lutein is great for our eyes, but also a super nutrient for the brain throughout our entire lifetime and perfect for our skin when spending time in the sun.

JUN

08

Sat  
2:00pm  
to  
3:00pm

## Juicing Your Way to Vitality

by **Brandon Kirchner** Sponsored By: Natural Grocers

Did you know approximately 91% of Americans don't meet the recommendations for vegetable consumption? Juicing is an easy way to virtually guarantee that you will reach your daily target for fresh produce. Stop in to learn the latest tips and trends to juicing the rainbow and to *Juicing Your Way to Vitality!*

JUN

22

Sat  
2:00pm  
to  
3:00pm

## Are You Getting E-nough In Your Diet?

by **Brandon Kirchner** 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.

JUL

06

Sat  
2:00pm  
to  
3:00pm

## What Is Grass Fed Beef?

by **Brandon Kirchner** Sponsored By: Natural Grocers

Grass fed beef has become incredibly popular, and for a good reason: It's better for you, better for the planet, and better for farmers. However, with the rising popularity of grass fed beef there has been an increase in "grass fed" products that aren't what they seem to be. Don't be fooled, learn how to spot these imposters, and discover what terms to look for when shopping for a grass fed product.

JUL

20

Sat  
1:00pm  
to  
2:00pm

## Demystifying Fats

by **Brandon Kirchner** Sponsored By: Natural Grocers

Fats have been blamed for our declining health since the 1950s, but are they really the villains they've been made out to be? Discover why fats are essential to health and learn why nutrient-dense high-fat foods should be part of a healthy diet. In addition, this class will highlight some of the latest research on fat as we untangle the truth and demystify fats.

AUG

10

Sat  
1:00pm  
to  
2:00pm

## Digestive Health 101

by **Brandon Kirchner** 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

24

Sat  
1:00pm  
to  
2:00pm

## Fight Back Against Stress

by **Brandon Kirchner** Sponsored By: Natural Grocers

Stress stinks. Stress is everywhere and takes a significant toll on our bodies. While it's impossible to remove all stress from our lives, incorporating a few specific nutrients and lifestyle changes can help support our ability to adapt and cope with stress.

SEP

07

Sat  
1:00pm  
to  
2:00pm

## Maximize Your Healthspan

by **Brandon Kirchner** 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.

SEP

21

Sat  
1:00pm  
to  
2:00pm

## OMEGAs, Oh My!

by **Brandon Kirchner** Sponsored By: Natural Grocers

Ever wonder what makes omega-3s so essential to our quality of life? These unique fats found in fish are vital to optimal health and play a key role in brain, heart, weight and joint health. Fortunately, you can begin to live with vitality again at any age, by adding these important fats into your daily routine. We'll discuss specific foods and supplements to help you live your best life yet!





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