

EVENT CALENDAR

Flagstaff
(928) 779-4172

503 West Clay Avenue
Flagstaff, AZ86001

MAY

08

Wed
4:30pm
to
5:30pm

Wheel of Life

by Beth Claxton, MD and Nancy Gatwood

The Wheel of Life is a visual representation of various life domains, such as career, relationships, and health. It allows individuals to assess their level of satisfaction in each area and identify areas for improvement. By analyzing the results, individuals can prioritize goals and create action plans for achieving greater balance and fulfillment in life.





**DOWNLOAD OUR APP AND JOIN OUR
FREE REWARDS PROGRAM TODAY!***



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.****

naturalgrocers.com/quercetin

*See naturalgrocers.com/privacy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power® Terms of Use. Message and data rates may apply.

** These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.