

# EVENT CALENDAR

MAY

07

Tue  
6:30pm  
to  
7:30pm

## DIY Dehydrated Backpacking Meals

*by Erin, Forage Nourish Repeat*

Tired of bland, overpriced dehydrated meals on the trail? This class will empower you to create your own delicious and healthy backpack meals from scratch! Learn the secrets of dehydration to preserve flavor and nutrients, all while saving money and reducing waste. These are also great for Emergency Preparedness Meals or a quick go-to on busy nights for a nutritious meal fast!

MAY

18

Sat  
2:00pm  
to  
3:00pm

## Feed Your Brain

*by Susan Gamby* Sponsored By: Natural Grocers

Do you find it hard to concentrate or focus? Feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? There are foods that can help! Learn how to incorporate these foods into brain (and overall health) friendly meals by attending this cooking demonstration.

MAY

25

Sat  
2:00pm  
to  
3:00pm

## Healthy Skin and the Sun

*by Susan Gamby* Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

MAY

30

Thu  
6:30pm  
to  
7:30pm

## DIY Dehydrated Camping Breakfasts/Snacks

*by Erin, Forage Nourish Repeat*

Calling all campers, hikers, and backpackers who crave flavorful on-the-go Breakfasts & Snacks! You won't want to miss out on this one! Recipes and techniques will be shared! This class is also perfect for anyone interested in ditching processed food options and learning food preservation techniques.

JUN

04

Tue  
6:30pm  
to  
7:30pm

## Unleash the Wild Side of Stir-Fry!

*by Erin, Forage Nourish Repeat*

Ever craved an exciting twist on classic Asian stir-fry? Join our unique cooking class and discover the wonders of incorporating **wild greens** for a burst of flavor and fresh adventure! This class will feature Teriyaki Pork & Asian Greens.

JUN

15

Sat  
2:00pm  
to  
3:00pm

## Quick Class: Everyday Essential Oils for Health

*by Susan Gamby* Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.

JUN

22

Sat  
2:00pm  
to  
3:00pm

## Natural Tips to Support Healthy Sleep

*by Susan Gamby* Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.



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