

# EVENT CALENDAR

MAY

19

Sun  
1:00pm  
to  
2:00pm

## Healthy Skin and the Sun

*by Judy Guerin* 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

29

Wed  
3:30pm  
to  
4:30pm

## Quick Class: Avocado Awesomeness

*by Judy Guerin* Sponsored By: Natural Grocers

Look, it's a vegetable, it's a nut, no it's a *superfruit*! Discover the amazing health benefits of avocado, such as monounsaturated fats, potassium, fiber, B vitamins and other health-supportive compounds. You can experience avocado awesomeness every day!

JUN

05

Wed  
3:30pm  
to  
4:30pm

## Ladybug Love

*by Judy Guerin* Sponsored By: Natural Grocers

The ladybug has been deemed "a fairy godmother for plants." Sadly, popular agricultural practices have contributed to the rapid decline in ladybug populations. This class is an opportunity to learn what steps to take to protect this vital component of our ecosystem. By taking our pledge and showing ladybugs and other beneficial insects some love, you can make an impact!

JUN

27

Thu  
3:30pm  
to  
4:30pm

## The Ayurveda Way

*by Judy Guerin* Sponsored By: Natural Grocers

This class is an introduction to help you discover your Ayurvedic body type (dosha). Knowing your dosha type can help maximize your health through individualizing your diet and lifestyle. Join us to learn more about balancing your dosha for achieving optimal health.

JUL

03

Wed  
3:30pm  
to  
4:30pm

## Can Your Food Choices Save the Planet?

*by Judy Guerin* Sponsored By: Natural Grocers

Throughout history, civilizations that have destroyed their environments have disappeared. Industrial agriculture in the United States is destroying our environment and jeopardizing the American way of life. How can one person influence change in the face of such a problem? Farmers who raise animals on managed pasture provide a beacon of hope and a way in which your food choices can save the planet!

AUG

29

Thu  
3:00pm  
to  
4:00pm

## Kids Class: Nutrition 4 the Win!

*by Judy Guerin* 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**

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