

EVENT CALENDAR

Omaha - West
(402) 334-1100

17602 Wright St
Omaha, NE68130

MAY

09

Thu
11:00am
to
12:15pm

Let's Taco 'Bout Organics!

by *Andrea Anderson* Sponsored By: Natural Grocers

We're talkin' (and tastin') tacos, folks! Discover fresh and exciting ways to take fiesta to a whole new level using 100% organic produce and organic fillings and toppings. Get your taco fix and lettuce teach you why organics are so avocado this world!

MAY

09

Thu
5:00pm
to
6:15pm

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MAY

16

Thu
5:00pm
to
6:15pm

It's in the Air: Seasonal Irritants

by *Andrea Anderson* 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!





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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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