

EVENT CALENDAR

MAY

09

Thu
12:00pm
to
1:00pm

Mediterranean Diet for Diabetes

by Paige Sadowski

Are you looking to harness the health benefits of the Mediterranean Diet and control your blood sugars? We will make a delicious Quinoa Tabbouleh and discuss how to incorporate fiber rich whole grains and beans/legumes and still meet blood sugar goals.

MAY

23

Thu
12:00pm
to
1:00pm

Mediterranean Diet for Diabetes

by Matthew Larsen

Come learn how to incorporate the Mediterranean Diet into our daily snacks.

MAY

30

Thu
11:00am
to
12:00pm

Fueling for Fitness

by Erik Buck Sponsored By: Natural Grocers

We're as committed to supporting your health and fitness goals as you are to living an active life! This sports nutrition seminar will give you the tools you need to keep you at the top of your game—whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements!

JUN

06

Thu
11:00am
to
12:00pm

Feed Your Brain

by Erik Buck Sponsored By: Natural Grocers

Is your brain starved for better nutrition? Do you find it hard to concentrate or focus? Do you feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? Then this class is for you. Learn the secrets of a better brain at any age.

JUN

20

Thu
11:00am
to
12:00pm

Demystifying Fats

by Erik Buck 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.

JUL

11

Thu
11:00am
to
12:00pm

The War on Salt

by Erik Buck Sponsored By: Natural Grocers

We've seen the headlines and dietary guidelines urging all Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is actually health-promoting. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.



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