

# EVENT CALENDAR

MAY

11

Sat  
11:00am  
to  
12:00pm

## The Power of Probiotics

*by Rebekah Legge* Sponsored By: Natural Grocers

Add some life to your plate and join us to sample and learn about the variety of living cultured foods that are available from yogurt and kefir to kimchi. Eating fermented, probiotic-rich foods keeps your gut and YOU healthy. For thousands of years, humans have relied on these superfoods for overall health, but today our diet is often lacking in them.

MAY

18

Sat  
3:00pm  
to  
4:00pm

## It's in the Air: Seasonal Irritants

*by Rebekah Legge* 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!

MAY

25

Sat  
11:00am  
to  
12:00pm

## Amazing Apples

*by Rebekah Legge* Sponsored By: Natural Grocers

Apples are centuries old, but are as delicious today as ever. Learn about our amazing varieties of organic apples and tempt your senses with some of our favorite new, apple-inspired recipes. It's easy to make this healthful fruit a part of your everyday diet. After all, an apple a day keeps the doctor away!

JUN

01

Sat  
3:00pm  
to  
4:00pm

## The Primal Smoothie

*by Rebekah Legge* Sponsored By: Natural Grocers

Smoothies are a great way to start your day or provide nutrition on the go. They can also be used to dramatically increase the nutrient density of your daily diet. We will show you just how easy smoothies are to make (they only require four easy steps!). Supercharge your smoothie for personalized health benefits!

JUN

08

Sat  
3:00pm  
to  
4:00pm

## Digestive Health 101

*by Rebekah Legge* Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

JUN

15

Sat  
11:00am  
to  
12:00pm

## DIY Body Care for Every Body

*by Rebekah Legge* Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

JUN

22

Sat  
3:00pm  
to  
4:00pm

## Inflammation 101

*by Rebekah Legge* Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.



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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](https://naturalgrocers.com/quercetin)**

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