

# EVENT CALENDAR

Corvallis  
(541) 758-0200

1235 NW 10th Street  
Corvallis, OR 97330

MAY

09

Thu  
6:00pm  
to  
7:00pm

## It's in the Air: Seasonal Irritants

*by Kelly Perry* 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

30

Thu  
11:30am  
to  
12:30pm

## Natural Hacks to Support a Healthy Mood

*by Kelly Perry* Sponsored By: Natural Grocers

Don't worry be happy, lose the 'tude, turn that frown upside down... all easier said than done, until now. Gain a new understanding of the many complexities that play a role in supporting a healthy mood or hindering it. Nutritional, supplemental, environmental, lifestyle and other key factors will be discussed.

JUN

06

Thu  
11:30am  
to  
12:30pm

## Healthy Skin and the Sun

*by Kelly Perry* 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!

JUN

23

Sun  
4:00pm  
to  
5:00pm

## Feed Your Brain

*by Kelly Perry* 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.





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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

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**By supporting immune competence, quercetin  
promotes respiratory comfort and health during  
a change in seasons and year-round.\*\***

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