

EVENT CALENDAR

Shawnee
(913) 631-0844

13335 Shawnee Mission Pkwy
Shawnee, KS66216

MAY

25

Sat
1:00pm
to
2:00pm

Quick Class: Avocado Awesomeness

by *Harley Herd* 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

08

Sat
1:00pm
to
2:00pm

Let's Taco 'Bout Organics!

by *Harley Herd* 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!

JUN

22

Sat
1:00pm
to
2:00pm

The Power of Probiotics

by *Harley Herd* Sponsored By: Natural Grocers

I am your gut bacteria; you might be shocked to hear this, but I influence how every part of your body works: how easily you lose (or gain) weight, how your immune system functions, even your ability to focus. Knowing which supplements are essential for keeping me (and you!) healthy is easy if you attend this class.





**DOWNLOAD OUR APP AND JOIN OUR
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

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** These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.