

# EVENT CALENDAR

MAY  
18

Sat  
3:00pm  
to  
4:00pm

## A good4u Breakfast

by *Cindy Kneale* Sponsored By: Natural Grocers

It's no secret that breakfast really is the most important meal of the day. And, yet, it's also the most skipped or improperly nourished meal, often made up of energy-sucking and metabolism-slowing foods. Take the CHALLENGE and discover why eating a complete, good4u breakfast can help you throughout the day, with improved cognition, metabolic and cardiovascular support and overall health!

MAY  
21

Tue  
6:00pm  
to  
7:30pm

## Ukrainian Green Borscht

by *Oksana Doloman*

Many people are familiar with red Ukrainian borscht. The main ingredient is beetroot. I invite you to a cooking demonstration and tasting of Green Borscht, which also brings many benefits and joyful moments of cooking together.

JUN  
01

Sat  
3:00pm  
to  
4:00pm

## Maximize Your Healthspan

by *Cindy Kneale* Sponsored By: Natural Grocers

We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? For most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your healthspan is all about learning how to put health back into your years, so you can live life to the fullest.

JUN  
22

Sat  
3:00pm  
to  
4:00pm

## The Ayurveda Way

by *Cindy Kneale* Sponsored By: Natural Grocers

This class is an introduction to help you discover your Ayurvedic body type. Knowing your dosha type can help maximize your health by individualizing your diet and lifestyle. Join us to learn more about balancing your dosha to achieve optimal health.

JUL  
13

Sat  
3:00pm  
to  
4:00pm

## Foundational Five Supplements

by *Cindy Kneale* Sponsored By: Natural Grocers

Vitamins and minerals are essential for life and every biological process in the body is driven by a nutrient. Unfortunately, even when we try to eat healthy, most of us will not get optimal amounts of these necessary nutrients from food alone. That's where supplements come in - they help you live life to the fullest. Discover the Foundational 5 Supplements which are necessary for good health and optimal wellness.

JUL  
27

Sat  
3:00pm  
to  
4:00pm

## Healthy Skin and the Sun

by *Cindy Kneale* 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!

AUG  
10

Sat  
3:00pm  
to  
4:00pm

## Inflammation 101

by *Cindy Kneale* 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.

AUG  
24

Sat  
3:00pm  
to  
4:00pm

## Kids Class: Nutrition 4 the Win!

by *Cindy Kneale* Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.

SEP  
07

Sat  
3:00pm  
to  
4:00pm

## Digestive Health 101

by *Cindy Kneale* 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.

SEP  
21

Sat  
3:00pm  
to  
4:00pm

## Let's Taco 'Bout Organics!

by *Cindy Kneale* 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!





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