

# EVENT CALENDAR

Vancouver  
(360) 694-1300

7604 NE 5th Avenue  
Vancouver, WA98665

MAY

09

Thu  
11:00am  
to  
12:00pm

## DIY Body Care for Every Body

*by Erik Lindquist* 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.

MAY

18

Sat  
11:00am  
to  
12:00pm

## Building Healthy & Delicious Meals

*by Erik Lindquist* Sponsored By: Natural Grocers

Let's get back to the basics! Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy & delicious meals. Together we'll make meal planning easy!

JUN

22

Sat  
11:00am  
to  
12:00pm

## The Power of Probiotics

*by Erik Lindquist* 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.

JUL

20

Sat  
11:00am  
to  
12:00pm

## Inflammation 101

*by Erik Lindquist* 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

17

Sat  
11:00am  
to  
12:00pm

## Foundational Five Supplements

*by Erik Lindquist* 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.

SEP

15

Sun  
11:00am  
to  
12:00pm

## How to Survive Today's Food Jungle

*by Erik Lindquist* Sponsored By: Natural Grocers

Food today is entirely different than it was in your grandparents' day. From the way it's grown to the way it's processed and packaged (including the nutritional value), everything has changed. Knowing how to choose the highest-quality foods is key to caring for your health.





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

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**By supporting immune competence, quercetin  
promotes respiratory comfort and health during  
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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.