

EVENT CALENDAR

MAY

18

Sat
11:00am
to
12:00pm

DIY Body Care for Every Body

by *Hannah Kinard* 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

25

Sat
11:00am
to
11:30am

Quick Class: Apple Cider Vinegar

by *Hannah Kinard* Sponsored By: Natural Grocers

Apple cider vinegar provides a laundry list of health benefits... heck, you can even do your laundry with it! Learn how to use apple cider vinegar to support blood sugar regulation, a healthy body weight, heart health, and more.

JUN

01

Sat
11:00am
to
12:00pm

Common Enemy Film with Healthy Snacks

by *Dr. Lesa Staubus*

[Common Enemy](#), directed and written by filmmaker Adam Peditto of Humane League, offers a look at the sobering consequences of factory farms, also known as concentrated animal feeding operation (CAFOs), here in Oklahoma. Farmers, environmentalists, and animal welfare advocates find themselves united against one common enemy: industrialized animal agriculture.

JUN

15

Sat
11:00am
to
12:00pm

Healthy Skin and the Sun

by *Hannah Kinard* 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

29

Sat
11:00am
to
12:00pm

Paleo Wraps

by *Hannah Kinard* Sponsored By: Natural Grocers

Are you stuck in your lunch-time rut? Break the bread habit by learning how to make a delicious Paleo lettuce wrap instead. Cooking healthy Paleo dishes doesn't need to be complicated or time consuming, it's actually quite simple! Even better, Paleo Wraps help boost your intake of healthy foods.

AUG

24

Sat
11:00am
to
12:00pm

Kids Class: Nutrition 4 the Win!

by *Hannah Kinard* 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.



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