

# EVENT CALENDAR

MAY

11

Sat  
11:00am  
to  
12:00pm

## Supplements: Why You Need Them Daily

*by Dr Steven Teagarden*

No matter what diet you follow, it's necessary to consume several supplements to ensure optimal health and prevent disease. This informative presentation is chock full of valuable information on which supplements to take, the most bioavailable formulas, and the amount required to keep your health in tip-top shape. Start the new year off by ensuring that you're properly nourished!

MAY

18

Sat  
12:00pm  
to  
12:45pm

## Digestive Health 101

*by Christina Berg, MBWP* 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.

JUN

01

Sat  
12:00pm  
to  
12:45pm

## Inflammation 101

*by Christina Berg, MBWP* 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.

JUN

15

Sat  
12:00pm  
to  
12:45pm

## Paleo Pancakes

*by Christina Berg, MBWP* Sponsored By: Natural Grocers

Did you know that pancakes can be grain-free, blood sugar friendly and DELICIOUS!? In this cooking demonstration, we will talk about the many ways we can make nutritious pancakes, plus offer ideas for tasty toppings that will balance your mood and energy throughout the day. This weekend favorite is back on the menu!

JUL

13

Sat  
12:00pm  
to  
12:45pm

## Fueling for Fitness

*by Christina Berg, MBWP* Sponsored By: Natural Grocers

We're as committed to supporting your health and fitness goals as you are to living an active life! This sports nutrition seminar will give you the tools you need to keep you at the top of your game—whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements!

JUL

20

Sat  
12:00pm  
to  
12:45pm

## Foods for Fitness

*by Christina Berg, MBWP* Sponsored By: Natural Grocers

Ever wonder why some foods help you go the extra mile, while others seem to hold you back? Learn which foods best support your active body and discover new recipes to help you fuel up before, during and after exercise.



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## **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.\*\***

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