

EVENT CALENDAR

MAY

20

Mon
6:00pm
to
6:45pm

Increase Your Healthspan AND Lifespan

by Clayton Dir

Unlock the secrets to a thriving healthspan & increase your lifespan in our upcoming workshop! Delve into the essentials of daily activity, nutrition, and addressing strength & mobility deficits that commonly lead to pain and injury. Learn actionable strategies to enhance your well-being and promote longevity. Take the first step towards reclaiming your active lifestyle in Wichita!

MAY

24

Fri
11:00am
to
12:00pm

Healthy Gluten-Free Living

by Sara Keraly Sponsored By: Natural Grocers

You'll learn the basics for the healthiest approach to gluten-free living. We will share shopping tips and cooking tips for gluten-free living, as well as advice on dietary supplements for nutritional support.

JUN

05

Wed
5:30pm
to
6:30pm

Feed Your Brain

by Sara Keraly Sponsored By: Natural Grocers

Do you find it hard to concentrate or focus? Feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? There are foods that can help! Learn how to incorporate these foods into brain (and overall health) friendly meals by attending this cooking demonstration.

JUN

21

Fri
11:00am
to
12:00pm

How to Survive Today's Food Jungle

by Sara Keraly 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.

JUN

28

Fri
11:00am
to
12:00pm

Paleo Pancakes: Red, White and Blueberry

by Sara Keraly 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, like fresh strawberries, coconut and blueberries. These signature red, white and blueberry pancakes will help balance your mood and energy throughout the day!

JUL

10

Wed
5:30pm
to
6:30pm

Fight Back Against Stress

by Sara Keraly Sponsored By: Natural Grocers

Stress stinks. Stress is everywhere and takes a significant toll on our bodies. While it's impossible to remove all stress from our lives, incorporating a few specific nutrients and lifestyle changes can help support our ability to adapt and cope with stress.

JUL

13

Sat
12:00pm
to
2:00pm

Alec's A2 Regenerative Ice Cream Social

by Sara Keraly Sponsored By: Natural Grocers

Here's the scoop: We will be sampling Alec's ice cream from pasture-raised, regenerative A2 dairy. Bring your family and friends for this Earth-friendly, crew-favorite ice cream that everyone can enjoy! Come and grab a FREE scoop of ice cream served up by our Nutritional Health Coach. Ice cream is available while supplies last.

JUL

19

Fri
11:00am
to
12:00pm

The Unsweet Side of Soda

by Sara Keraly Sponsored By: Natural Grocers

Soda, pop, cola -- whatever you want to call it -- contains a mishmash of chemicals and enough sugar to ruin your good health. Sugar consumption in the United States has reached unreal levels and its rise is mirrored by the rise in many of the chronic health problems that plague Americans. Use tips learned in this class to break the sugar addiction and improve your health and the health of your family.



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