

# EVENT CALENDAR

MAY

25

Sat  
11:00am  
to  
12:00pm

## Paleo Wraps

*by Ashley Fox* 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.

JUN

08

Sat  
11:00am  
to  
12:00pm

## Cravings, Weight Gain, & Blood Sugar

*by Ashley Fox* Sponsored By: Natural Grocers

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

JUN

22

Sat  
11:00am  
to  
12:00pm

## Stress Fighting Foods

*by Ashley Fox* Sponsored By: Natural Grocers

Chronic stress causes us to gain belly fat, can shrink our brain cells and destroys our immune system. While removing stress from your life may not be entirely possible, there are foods that help support a calm mood and healthy stress response. Delicious recipes taught in this class will show you how to incorporate these foods into your everyday diet.



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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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\*\* These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.