

# EVENT CALENDAR

MAY

08

Wed  
5:00pm  
to  
6:30pm

## DIY Body Care for Every Body

by *Kat Carlson* 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

11

Sat  
11:00am  
to  
12:00pm

## It's in the Air: Seasonal Irritants

by *Kat Carlson* Sponsored By: Natural Grocers

Problems with pollen? It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. Breathe Deeply!

MAY

25

Sat  
11:00am  
to  
12:00pm

## Fueling for Fitness

by *Kat Carlson* 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!

JUN

05

Wed  
5:30pm  
to  
6:30pm

## Healthy Skin and the Sun

by *Kat Carlson* 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

22

Sat  
11:00am  
to  
12:00pm

## Creating a Healthy Home

by *Kat Carlson* Sponsored By: Natural Grocers

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation in their home. But did you know that there are a lot of other toxic compounds found in your home, like constant exposure to electromagnetic frequencies, that may be damaging to your health? Get all the tips and tricks on creating a healthy home environment.

JUL

10

Wed  
5:30pm  
to  
6:30pm

## Bone Builders and Bone Breakers

by *Kat Carlson* Sponsored By: Natural Grocers

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

JUL

27

Sat  
11:00am  
to  
12:00pm

## Foundational Five Supplements

by *Kat Carlson* 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.

AUG

10

Sat  
11:00am  
to  
12:00pm

## Feed Your Brain

by *Kat Carlson* 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.

AUG

24

Sat  
11:00am  
to  
12:00pm

## Kids Class: Nutrition 4 the Win!

by *Kat Carlson* 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.

SEP

07

Sat  
11:00am  
to  
12:00pm

## The Ultimate Food Fight: Organics

by *Kat Carlson* Sponsored By: Natural Grocers

Organics are becoming more and more popular, and rightly so! There are many reasons to love organics--pesticide-free, non-GMO, nutrient-dense, good4 the planet, good4 the economy and... good4u! Join us for this inspiring class as we reveal the unsustainable and broken nature of America's food system and why going organic is the most important food fight of them all.





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

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