

EVENT CALENDAR

MAY

21

Tue
5:00pm
to
6:00pm

Super Simple Ways to Support Immunity

by *Charla Jestic* Sponsored By: Natural Grocers

While most people agree vitamins are beneficial to our health, many don't understand how these minerals provide immune support. Just like the rest of our body, the immune system requires optimal nutrition to function at its best. Nourishing your body with the proper nutrition and supplement support will ensure your body is ready to handle whatever comes its way this winter!

JUN

11

Tue
5:00pm
to
6:00pm

Natural Tips to Support Healthy Sleep

by *Charla Jestic* Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.

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JUL

30

Tue
5:00pm
to
6:00pm

Fight Back Against Stress

by *Charla Jestic* 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.

AUG

15

Thu
All Day

Anniversary Celebration!

by *Charla Jestic* Sponsored By: Natural Grocers

In celebration of our Anniversary and the birthday of co-founder Margaret Isely, we are cooking up our biggest party yet: 50% off select products, free limited-edition reusable bags, coloring books, and product samples! Enter to win gift cards, t-shirts, books and more! YOU are the most important part of our celebration. Thank you for shopping with us for 61 years!





**DOWNLOAD OUR APP AND JOIN OUR
FREE REWARDS PROGRAM TODAY!***



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.**

naturalgrocers.com/quercetin

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