

EVENT CALENDAR

Austin Area – Georgetown
(737) 808-7052

1301 W. University Ave.
Georgetown, TX78628

MAY

18

Sat
11:30am
to
12:30pm

Immune Support 101

by Melanie Torti Sponsored By: Natural Grocers

Most people know that vitamin C is important for the immune system, but do they know why? And what about the importance of other vitamins? Just like the rest of our body, the immune system requires optimal nutrition to function at its best. Keeping your immune system fed with proper nutrition will ensure that your body is ready to handle whatever comes its way during the winter months.





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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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