

EVENT CALENDAR

MAY
18
Sat
1:00pm
to
1:30pm

Quick Class: What's the Fermented Fuss?

by Carrie Bradley Sponsored By: Natural Grocers

Interested in what all the fermented food fuss is about? Come to our fermented fast class and discover how you can join the good4urevolution and Learn. Eat. Dream!

JUN
01
Sat
1:00pm
to
2:00pm

Dinner: More Veggies, Please!

by Carrie Bradley Sponsored By: Natural Grocers

What's for dinner? Vegetables! Discover how to eat more organic vegetables at dinner and we'll help make all your healthy dreams a reality.

JUN
15
Sat
1:00pm
to
2:00pm

The Power of Probiotics

by Carrie Bradley Sponsored By: Natural Grocers

I am your gut bacteria; you might be shocked to hear this, but I influence how every part of your body works: how easily you lose (or gain) weight, how your immune system functions, even your ability to focus. Knowing which supplements are essential for keeping me (and you!) healthy is easy if you attend this class.

JUN
22
Sat
1:00pm
to
1:30pm

Quick Class: Bon Appetit Let's Eat Beets

by Carrie Bradley Sponsored By: Natural Grocers

Do you heart beets as much as we do? Ready to learn more about the infamously staining superfood? Come to our fast class and discover how you can join the good4urevolution and Learn. Eat. Dream!

JUL
06
Sat
1:00pm
to
1:30pm

Quick Class: Sweet Potato Reigns Supreme

by Carrie Bradley Sponsored By: Natural Grocers

Long live the reigning health benefits of sweet potato! A most versatile food—there are so many ways to enjoy this fall favorite: baked, mashed, pureed, or pied. Learn all about what makes sweet potato a reigning champ in the kitchen and in your health.



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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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