

EVENT CALENDAR

MAY

19

Sun
12:30pm
to
1:30pm

The Power of Probiotics

by Alicia McLeod Sponsored By: Natural Grocers

Add some life to your plate and join us to sample and learn about the variety of living cultured foods that are available from yogurt and kefir to kimchi. Eating fermented, probiotic-rich foods keeps your gut and YOU healthy. For thousands of years, humans have relied on these superfoods for overall health, but today our diet is often lacking in them.

JUN

02

Sun
12:30pm
to
1:30pm

Rockstar Lung and Respiratory Health

by Alicia McLeod Sponsored By: Natural Grocers

Our respiratory system is hard at work every day, supplying the body with the oxygen it needs to function and carry out living processes. It's also one of our first lines of defense against harmful substances and provides detoxification support, among other things. In this class, you'll learn how diet, lifestyle, & supplements can help maintain rockstar lung and respiratory health throughout your lifetime.

JUN

23

Sun
12:30pm
to
1:00pm

Quick Class: Avocado Awesomeness

by Alicia McLeod Sponsored By: Natural Grocers

Look, it's a vegetable, it's a nut, no it's a *superfruit*! Discover the amazing health benefits of avocado, such as monounsaturated fats, potassium, fiber, B vitamins and other health-supportive compounds. You can experience avocado awesomeness every day!

JUL

07

Sun
12:30pm
to
1:30pm

Paleo Pancakes: Red, White and Blueberry

by Alicia McLeod Sponsored By: Natural Grocers

Did you know that pancakes can be grain-free, blood sugar friendly, and DELICIOUS!? In this cooking demonstration, we will talk about the many ways we can make nutritious pancakes, plus offer ideas for tasty toppings, like fresh strawberries, coconut and blueberries. These signature red, white and blueberry pancakes will help balance your mood and energy throughout the day!

JUL

21

Sun
12:30pm
to
1:30pm

Maximize Your Healthspan

by Alicia McLeod Sponsored By: Natural Grocers

We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? For most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your healthspan is all about learning how to put health back into your years, so you can live life to the fullest.

AUG

25

Sun
12:30pm
to
1:30pm

Kids Class: Nutrition 4 the Win!

by Alicia McLeod 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.



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NUTRIENT TO KNOW ABOUT: QUERCETIN

THE RESPIRATORY ROCKSTAR**

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naturalgrocers.com/quercetin

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