

EVENT CALENDAR

MAY

16

Thu
2:00pm
to
3:00pm

Healthy Skin and the Sun

by Charlie Spears 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!

MAY

30

Thu
2:00pm
to
3:00pm

Quick Class: Elevate Your Tailgate!

by Charlie Spears Sponsored By: Natural Grocers

Take your favorite tailgating foods to a new, good4u level and score a win for team healthy! There's no need to search for completely new recipes—cheer on your team with classics like dips & drinks—just upgrade them! Featuring our “good4u Snack Kebobs.”

JUN

13

Thu
2:00pm
to
3:00pm

GMOs: What Are They and Why Care?

by Charlie Spears Sponsored By: Natural Grocers

Genetically modified organisms (GMOs) have become a pervasive part of our food system. While GMO is broadly used term, in general it refers to crops that have been engineered to produce pesticides or can have weed-killer sprayed on them without being harmed. The use of GMOs has resulted in severe and unexpected economic, environmental, and health consequences. Vote with your dollar and say NO to GMOs.

JUN

27

Thu
2:00pm
to
3:00pm

Stress Fighting Foods

by Charlie Spears Sponsored By: Natural Grocers

Chronic stress causes us to gain belly fat, can shrink our brain cells and destroys our immune system. While removing stress from your life may not be entirely possible, there are foods that help support a calm mood and healthy stress response. Delicious recipes taught in this class will show you how to incorporate these foods into your everyday diet.

JUL

11

Thu
2:00pm
to
3:00pm

Quick Class: MCT Oil

by Charlie Spears Sponsored By: Natural Grocers

Are you in search of consistent energy, weight maintenance, brain support, and exercise performance? Then MCT oil might be the perfect supplement for you! Learn how these healthy fats support metabolism and how to best incorporate MCT oil into your daily routine. It's easy as 1, 2, 3!

JUL

25

Thu
2:00pm
to
3:00pm

OMEGAs, Oh My!

by Charlie Spears Sponsored By: Natural Grocers

Ever wonder what makes omega-3s so essential to our quality of life? These unique fats found in fish are vital to optimal health and play a key role in brain, heart, weight and joint health. Fortunately, you can begin to live with vitality again at any age, by adding these important fats into your daily routine. We'll discuss specific foods and supplements to help you live your best life yet!



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