

# EVENT CALENDAR

MAY

12

Sun  
1:30pm  
to  
2:30pm

## DIY Body Care for Every Body

*by Brittany Hugelen* Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

MAY

19

Sun  
2:00pm  
to  
3:00pm

## The Power of Mushroom Supplements

*by Brittany Hugelen* Sponsored By: Natural Grocers

Mushroom supplements are growing in popularity and for good reason. Research is booming showing that mushroom supplements support almost every facet of health, including healthy energy levels, healthy immune system function, glowing skin and hair, and brain, liver, and sinus health. Join us to discover the power of mushroom supplements and find the perfect mushroom for you. Whatever your health goal, mushroom supplements make it achievable!

JUN

02

Sun  
1:00pm  
to  
2:00pm

## The Unsweet Side of Soda

*by Brittany Hugelen* Sponsored By: Natural Grocers

Soda, pop, cola -- whatever you want to call it -- contains a mishmash of chemicals and enough sugar to ruin your good health. Sugar consumption in the United States has reached unreal levels and its rise is mirrored by the rise in many of the chronic health problems that plague Americans. Use tips learned in this class to break the sugar addiction and improve your health and the health of your family.

JUN

09

Sun  
1:00pm  
to  
1:45pm

## good4u Food on a Budget

*by Brittany Hugelen* Sponsored By: Natural Grocers

Join us for our good4u, good4your budget store tour and discover how to support you and your family's optimal health—without breaking the bank! We'll show you our tips and tools for staying on track, using our Menu Planner, Shopping & Pantry List, Healthy Meal Wheel, and more! Let your Nutritional Health Coach be your guide to following your personal food budget.

JUL

07

Sun  
1:00pm  
to  
2:00pm

## GMOs: What Are They and Why Care?

*by Brittany Hugelen* 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.

JUL

28

Sun  
1:00pm  
to  
2:00pm

## Where to Start to Love Your Heart

*by Brittany Hugelen* Sponsored By: Natural Grocers

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.

AUG

18

Sun  
1:00pm  
to  
2:00pm

## Quick Class: Smoothie Bowls

*by Brittany Hugelen* Sponsored By: Natural Grocers

Smoothie bowls are what they sound like, but much more fun than you would think. You can create pretty much any combo of flavors that you want and top it with your favorite goodies. Come experience the easiest and healthiest way to turn a smoothie into a meal!

AUG

25

Sun  
2:00pm  
to  
3:00pm

## Kids Class: Nutrition 4 the Win!

*by Brittany Hugelen* 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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