

EVENT CALENDAR

MAY

11

Sat
1:00pm
to
2:00pm

Natural Tips to Support Healthy Sleep

by *Katherine MacNair* Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.

MAY

15

Wed
6:00pm
to
7:00pm

Natural Tips to Support Healthy Sleep

by *Katherine MacNair* Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.

JUN

08

Sat
1:00pm
to
2:00pm

Keto Diet 101

by *Katherine MacNair* Sponsored By: Natural Grocers

Mounting scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time. Going keto is all the rage, but the diet is laden with conflicting ideas, disastrous oversimplification, and misinformation. In Keto 101 we'll dive into this trend to understand the what, why, and how to succeed with ketogenic eating.

JUN

12

Wed
6:00pm
to
7:00pm

Keto Diet 101

by *Katherine MacNair* Sponsored By: Natural Grocers

Mounting scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time. Going keto is all the rage, but the diet is laden with conflicting ideas, disastrous oversimplification, and misinformation. In Keto 101 we'll dive into this trend to understand the what, why, and how to succeed with ketogenic eating.

JUL

13

Sat
1:00pm
to
2:00pm

Fight Back Against Stress

by *Katherine MacNair* Sponsored By: Natural Grocers

Stress stinks. Stress is everywhere and takes a significant toll on our bodies. While it's impossible to remove all stress from our lives, incorporating a few specific nutrients and lifestyle changes can help support our ability to adapt and cope with stress.

JUL

27

Sat
1:00pm
to
2:00pm

Quick Class: Smoothie Bowls

by *Katherine MacNair* 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

10

Sat
1:00pm
to
2:00pm

Healthy Skin and the Sun

by *Katherine MacNair* 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!

AUG

31

Sat
1:00pm
to
2:00pm

Kids Class: Nutrition 4 the Win!

by *Katherine MacNair* 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.

SEP

07

Sat
1:00pm
to
2:00pm

The Ultimate Food Fight: Organics

by *Katherine MacNair* Sponsored By: Natural Grocers

Organics are becoming more and more popular, and rightly so! There are many reasons to love organics--pesticide-free, non-GMO, nutrient-dense, good4 the planet, good4 the economy and... good4u! Join us for this inspiring class as we reveal the unsustainable and broken nature of America's food system and why going organic is the most important food fight of them all.

SEP

28

Sat
1:00pm
to
2:00pm

Amazing Apples

by *Katherine MacNair* Sponsored By: Natural Grocers

Apples are centuries old, but are as delicious today as ever. Learn about our amazing varieties of organic apples and tempt your senses with some of our favorite new, apple-inspired recipes. It's easy to make this healthful fruit a part of your everyday diet. After all, an apple a day keeps the doctor away!





**DOWNLOAD OUR APP AND JOIN OUR
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

*See naturalgrocers.com/privacy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power® Terms of Use. Message and data rates may apply.

** These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.