

# EVENT CALENDAR

MAY

18

Sat  
12:00pm  
to  
1:00pm

## Feed Your Brain

by *Alec Mills* Sponsored By: Natural Grocers

Is your brain starved for better nutrition? Do you find it hard to concentrate or focus? Do you feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? Then this class is for you. Learn the secrets of a better brain at any age.

JUN

01

Sat  
12:00pm  
to  
1:00pm

## 21 Days to Health: Eat for Your Health

by *Alec Mills* Sponsored By: Natural Grocers

Join us as we begin our 21 Days to a Healthier You series. NHCs will unpack what healthy eating means and provide the foundation for building balanced and delicious meals that regenerate our world. You'll discover how to read food labels and use supplements to propel vibrant health. Following the class, turn education into action with a 7-day challenge of eating to the Natural Grocers Regenivore Meal Wheel. [Sign up!](#)

JUN

08

Sat  
12:00pm  
to  
1:00pm

## 21 Days to Health: Kick Sugar Cravings

by *Alec Mills* Sponsored By: Natural Grocers

Blood sugar levels throughout the day and over time have major impacts on our health. In week 2 of our 21 Days to a Healthier You series, you'll learn how blood sugar impacts health and the steps to maintain healthy blood sugar balance. Following the class, turn education into action with a 7-day challenge focused on removing added sugars to support increased energy, positive mood, better sleep, and more! [Sign up!](#)

JUN

15

Sat  
12:00pm  
to  
1:00pm

## 21 Days to Health: Detoxify Your Life

by *Alec Mills* Sponsored By: Natural Grocers

Our world is polluted with some 80k chemicals. In week 3 of our 21 Days to a Healthier You series, we will discuss two key ways to minimize their negative impact and discover the benefits of daily detoxification. We will also uncover how to reduce your toxic burden and the toxic burden on our planet. Following the class, turn education into action with a 7-day challenge to detoxify your body and environment. [Sign up!](#)



**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](https://naturalgrocers.com/quercetin)**

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