

EVENT CALENDAR

MAY

18

Sat
3:30pm
to
4:30pm

Healthy Skin and the Sun

by Colleen Hughes 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!

JUN

08

Sat
3:30pm
to
4:30pm

Let's Taco 'Bout Organics!

by Colleen Hughes Sponsored By: Natural Grocers

We're talkin' (and tastin') tacos, folks! Discover fresh and exciting ways to take fiesta to a whole new level using 100% organic produce and organic fillings and toppings. Get your taco fix and lettuce teach you why organics are so avocado this world!

JUN

22

Sat
3:30pm
to
4:30pm

Dinner: More Veggies, Please!

by Colleen Hughes Sponsored By: Natural Grocers

What's for dinner? Vegetables! Discover how to eat more organic vegetables at dinner and we'll help make all your healthy dreams a reality.

JUL

13

Sat
3:30pm
to
4:30pm

Cravings, Weight Gain, & Blood Sugar

by Colleen Hughes Sponsored By: Natural Grocers

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

JUL

27

Sat
3:30pm
to
4:30pm

The Primal Smoothie

by Colleen Hughes Sponsored By: Natural Grocers

Smoothies are a great way to start your day or provide nutrition on the go. They can also be used to dramatically increase the nutrient density of your daily diet. We will show you just how easy smoothies are to make (they only require four easy steps!). Supercharge your smoothie for personalized health benefits!



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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.**

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