

EVENT CALENDAR

MAY

12

Sun
11:00am
to
1:00pm

Mother's Day Tasting Station

by Crystal Rae Sponsored By: Natural Grocers

Stop by our Mother's Day Tasting Station and pick up our signature Blueberry Breakfast Bake recipe. It's perfect to make for mom! We'll also be sampling an ingredient from the recipe so you can really get a *taste* - along with our 100% organic produce.

MAY

19

Sun
1:00pm
to
2:00pm

good4u Nutrition 101

by Crystal Rae Sponsored By: Natural Grocers

The Natural Grocers good4u Nutrition 101 class gives you all the right tools for total body health—balanced energy, mood, sleep, metabolism, brain function and more! By attending, you'll be on your way to discovering your pure potential towards a lifestyle that's truly good4u!

MAY

26

Sun
1:00pm
to
2:00pm

Paleo/Primal Salad Dressings and Dips

by Crystal Rae Sponsored By: Natural Grocers

Did you know a diet containing healthy fats can support a healthy inflammatory balance? Polyunsaturated fats found in bottled salad dressings promote inflammation. Dress your greens with recipes demonstrated at this class and maintain a balanced intake of Omega 3 and 6 fatty acids which support optimal health!

JUN

02

Sun
1:00pm
to
2:00pm

Healthy Skin and the Sun

by Crystal Rae 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

09

Sun
1:00pm
to
2:00pm

Radiant Skin Begins Within

by Crystal Rae Sponsored By: Natural Grocers

As your body's largest organ, your skin deserves to be as nurtured and protected as much as any other part of the body—with a healthy diet tailored to its unique needs. Unlock your skin's innate ability to defend itself from the inside out against harmful UV rays and other AGE accelerating factors. Graceful aging of the skin begins within!



**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.