

EVENT CALENDAR

Loveland
(970) 541-5018

745 N. Lincoln Ave.
Loveland, CO80537

MAY

11

Sat
11:00am
to
12:00pm

Quick Class: Tasty Turmeric

by *Bobbie Covert* Sponsored By: Natural Grocers

What's so nutritious about turmeric, anyway? And why is it called "The Spice of Life?" We'll answer all your questions and MORE when you attend our terrific turmeric class! It takes just 30 minutes to gain some knowledge and good4u recipe ideas!

JUN

15

Sat
11:00am
to
12:00pm

Digestive Health 101

by *Bobbie Covert* Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

JUN

29

Sat
11:00am
to
12:00pm

The War on Salt

by *Bobbie Covert* Sponsored By: Natural Grocers

We've seen the headlines and dietary guidelines urging all Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is actually health-promoting. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.

JUL

13

Sat
11:00am
to
12:00pm

Foods for Fitness

by *Bobbie Covert* Sponsored By: Natural Grocers

Ever wonder why some foods help you go the extra mile, while others seem to hold you back? Learn which foods best support your active body and discover new recipes to help you fuel up before, during and after exercise.

JUL

20

Sat
11:00am
to
12:00pm

Inflammation 101

by *Bobbie Covert* Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.





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NUTRIENT TO KNOW ABOUT: QUERCETIN

THE RESPIRATORY ROCKSTAR**

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promotes respiratory comfort and health during
a change in seasons and year-round.****

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