

EVENT CALENDAR

MAY

11

Sat
11:00am
to
12:00pm

DIY Body Care for Every Body

by Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins, and skin irritants. But not ours! Scrub goodbye to skincare chemicals and learn fun, easy, do-it-yourself body care using oils, foods, and everyday ingredients at home.

MAY

15

Wed
6:00pm
to
6:45pm

Quick Class: Everyday Essential Oils for Health

by Rachael Cornelison Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.

MAY

18

Sat
4:00pm
to
5:00pm

Healthy Skin and the Sun

by Rachael Cornelison 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

01

Sat
4:00pm
to
5:00pm

Cravings, Weight Gain, & Blood Sugar

by Rachael Cornelison 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.

JUN

15

Sat
4:00pm
to
5:00pm

Fueling for Fitness

by Rachael Cornelison Sponsored By: Natural Grocers

We're as committed to supporting your health and fitness goals as you are to living an active life! This sports nutrition seminar will give you the tools you need to keep you at the top of your game—whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements!

JUN

20

Thu
6:00pm
to
6:30pm

Quick Class: Get Spiralized & Satisfied

by Rachael Cornelison Sponsored By: Natural Grocers

Want to eat more vegetables, but don't know where to start? Going grain-free but miss your favorite pasta dishes? Find out how to stay satisfied using a spiralizer to eat more vegetables and replace less nutritious grains with more nutrient-dense vegetable "noodles" in your favorite dishes.

JUL

06

Sat
4:00pm
to
5:00pm

How Your Body Really Works-Why EAT THIS

by Rachael Cornelison Sponsored By: Natural Grocers

Knowing how food works with your body (or doesn't) makes it easier to understand what to eat and why. (A 2-part class to be taken in any order. See Why TAKE THAT).

JUL

13

Sat
4:00pm
to
5:00pm

How Your Body Really Works-Why TAKE THAT

by Rachael Cornelison Sponsored By: Natural Grocers

Knowing how nutrients work with your body makes it easier to understand which supplements to take and why. (A 2-part class to be taken in any order. See Why EAT THIS).

JUL

24

Wed
6:00pm
to
6:45pm

Quick Class: Smoothie Bowls

by Rachael Cornelison 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!



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NUTRIENT TO KNOW ABOUT: QUERCETIN

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**By supporting immune competence, quercetin
promotes respiratory comfort and health during
a change in seasons and year-round.****

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