

EVENT CALENDAR

MAY

11

Sat
11:00am
to
12:00pm

DIY Body Care for Every Body

by Sky Schepers 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 skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

JUN

08

Sat
11:00am
to
12:00pm

Healthy Skin and the Sun

by Sky Schepers 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!

JUL

06

Sat
11:00am
to
12:00pm

The Primal Smoothie

by Sky Schepers 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!

AUG

10

Sat
11:00am
to
12:00pm

How to Survive Today's Food Jungle

by Sky Schepers Sponsored By: Natural Grocers

Food today is entirely different than it was in your grandparents' day. From the way it's grown to the way it's processed and packaged (including the nutritional value), everything has changed. Knowing how to choose the highest-quality foods is key to caring for your health.

AUG

31

Sat
1:00pm
to
2:00pm

Kids Class: Nutrition 4 the Win!

by Sky Schepers Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.

SEP

07

Sat
11:00am
to
12:00pm

Adding More Vegetables!

by Sky Schepers Sponsored By: Natural Grocers

Discover why vegetables are so good4u and considered the foundation of health! Rich in vitamins, nutrients, antioxidants, and fiber—we all know we're supposed to eat the rainbow, but do you know all the varieties out there? Learn how to eat more organic vegetables and we'll show you quick and easy ways to pack a nutrient-dense punch to your meals.

OCT

19

Sat
11:00am
to
12:00pm

Inflammation 101

by Sky Schepers 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.

NOV

09

Sat
11:00am
to
12:00pm

The Buzz Behind Bone Broth and Collagen

by Sky Schepers Sponsored By: Natural Grocers

Maybe you've heard of bone broth, or have seen some of the latest collagen supplements at the health food store. You may have even tried some of these trendy products without knowing what makes them so great. Find out why these products have become so popular, what they are, and how to use them to support optimal health.

DEC

28

Sat
11:00am
to
12:00pm

Cravings, Weight Gain, & Blood Sugar

by Sky Schepers 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.



**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.