

EVENT CALENDAR

Clive
(515) 278-8000

8650 Hickman Rd
Clive, IA50325

MAY

09

Thu
6:00pm
to
7:00pm

Digestive Health 101

by Amelia Pickhinke 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.

MAY

11

Sat
10:00am
to
11:00am

DIY Body Care for Every Body

by Amelia Pickhinke 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.

MAY

30

Thu
6:00pm
to
7:00pm

Maintaining Muscle Mass

by Amelia Pickhinke Sponsored By: Natural Grocers

It's never too early, or too late, to improve muscle health—and overall health! But after age 30, we can lose 3 to 8 percent of our muscle mass each decade! Learn how to maintain muscle mass now, and well into the future, with key foods and supplements all recommended by science-based research. Stay strong and muscle on!

JUN

06

Thu
6:00pm
to
7:00pm

Natural Hacks for Memory Support

by Amelia Pickhinke Sponsored By: Natural Grocers

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.

JUN

27

Thu
6:00pm
to
7:00pm

Natural Tips to Support Healthy Sleep

by Amelia Pickhinke Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.

JUL

11

Thu
6:00pm
to
6:30pm

Quick Class: Elevate Your Tailgate!

by Amelia Pickhinke Sponsored By: Natural Grocers

Take your favorite tailgating foods to a new, good4u level and score a win for team healthy! There's no need to search for completely new recipes—cheer on your team with classics like dips & drinks—just upgrade them! Featuring our “good4u Snack Kebobs.”

AUG

01

Thu
6:00pm
to
7:00pm

Cravings, Weight Gain, & Blood Sugar

by Amelia Pickhinke 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.





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