

# EVENT CALENDAR

MAY

16

Thu  
6:00pm  
to  
7:00pm

## Natural Hacks for Memory Support

by *Robin Marshall* 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

06

Thu  
6:00pm  
to  
7:00pm

## Healthy Skin and the Sun

by *Robin Marshall* 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

11

Tue  
10:00am  
to  
11:00am

## Supporting Healthy Blood Sugar Levels

by *Ernestine Shires M.D.*

As Americans, diet, exercise and stress reduction are key players in the prevention and management of blood sugar issues including pre-diabetes and diabetes. Fortunately, these conditions can be successfully managed and even avoided. With education and teamwork as important players in the treatment of these conditions, excellent health and wellbeing can be obtained and maintained.

JUN

27

Thu  
6:00pm  
to  
7:00pm

## Quick Class: Get Spiralized & Satisfied

by *Robin Marshall* 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

18

Thu  
6:00pm  
to  
7:00pm

## The Buzz Behind Bone Broth and Collagen

by *Robin Marshall* 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.



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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

# **THE RESPIRATORY ROCKSTAR\*\***

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