

EVENT CALENDAR

Mission
(913) 432-5200

6819 Johnson Drive
Mission, KS66202

MAY

11

Sat
12:00pm
to
1:00pm

DIY Body Care for Every Body

by Stephanie Ricke 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

25

Sat
12:00pm
to
1:00pm

Quick Class: Get Spiralized & Satisfied

by Stephanie Ricke 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.

JUN

08

Sat
12:00pm
to
1:00pm

Feed Your Brain

by Stephanie Ricke Sponsored By: Natural Grocers

Is your brain starved for better nutrition? Do you find it hard to concentrate or focus? Do you feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? Then this class is for you. Learn the secrets of a better brain at any age.

JUN

22

Sat
12:00pm
to
1:00pm

The Power of Probiotics

by Stephanie Ricke Sponsored By: Natural Grocers

Add some life to your plate and join us to sample and learn about the variety of living cultured foods that are available from yogurt and kefir to kimchi. Eating fermented, probiotic-rich foods keeps your gut and YOU healthy. For thousands of years, humans have relied on these superfoods for overall health, but today our diet is often lacking in them.





**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

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** These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.