

EVENT CALENDAR

MAY

11

Sat
2:00pm
to
3:00pm

Self Confidence and Self Esteem

by *Linda Huffman*

Most people think that self confidence and self esteem are the same, but are they? That is what we will be discussing in class. What are some of the signs of low self esteem? And what can you do to become more confident.

JUN

08

Sat
1:00pm
to
2:00pm

Quick Class: Apple Cider Vinegar

by *Erin Lawrence* Sponsored By: Natural Grocers

Apple cider vinegar provides a laundry list of health benefits... heck, you can even do your laundry with it! Learn how to use apple cider vinegar to support blood sugar regulation, a healthy body weight, heart health, and more.

MAY

18

Sat
1:00pm
to
2:00pm

Natural Tips to Support Healthy Sleep

by *Erin Lawrence* 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.

JUN

15

Sat
1:00pm
to
2:00pm

Creating a Healthy Home

by *Erin Lawrence* Sponsored By: Natural Grocers

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation in their home. But, did you know that there are a lot of other toxic compounds found in your home, like constant exposure to electromagnetic frequencies, that may be damaging to your health? Get all the tips and tricks on creating a healthy home environment.

JUN

01

Sat
1:00pm
to
2:00pm

Quick Class: It's Zucchini Zoodle Time

by *Erin Lawrence* Sponsored By: Natural Grocers

Perhaps one of the most versatile vegetables - come find out all there is to know about zucchini! Discover exciting ways to cook with zucchini, sneaking it into and replacing it with common everyday foods.

JUN

22

Sat
1:00pm
to
2:00pm

Foundational Five Supplements

by *Erin Lawrence* Sponsored By: Natural Grocers

Vitamins and minerals are essential for life and every biological process in the body is driven by a nutrient. Unfortunately, even when we try to eat healthy, most of us will not get optimal amounts of these necessary nutrients from food alone. That's where supplements come in - they help you live life to the fullest. Discover the Foundational 5 Supplements which are necessary for good health and optimal wellness.



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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.**

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