

EVENT CALENDAR

Hurst
(682) 738-3014

759 Grapevine Hwy
Hurst, TX76054

MAY

26

Sun
2:00pm
to
3:00pm

Quick Class: Everyday Essential Oils for Health

by Dana Pettigrew Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.





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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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