

EVENT CALENDAR

Grand Forks
(701) 775-8333

1901 32nd Ave. South
Grand Forks, ND58201

MAY

11

Sat
12:00pm
to
1:00pm

Inflammation 101

by Travis Cimarolli Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.





**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

*See naturalgrocers.com/privacy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power® Terms of Use. Message and data rates may apply.

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