

# EVENT CALENDAR

MAY

11

**Sat**  
11:00am  
to  
12:00pm

## **Pregnancy Nutrition for Mom & Baby**

*by Danielle Saltiel* Sponsored By: Natural Grocers

Pregnant or planning on it? Join us to learn about the power of food for promoting optimal health for mom and baby. We'll discuss foundational principles for a healthy diet, emphasizing whole, real food and support healthy blood sugar balance. Next, we'll cover specific nutrients, supplements, and pregnancy-supportive herbs, as well as natural tips for morning sickness. We'll also look ahead to lactation nutrition!

AUG

24

**Sat**  
11:00am  
to  
12:00pm

## **Kids Class: Nutrition 4 the Win!**

*by Danielle Saltiel* Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.

MAY

25

**Sat**  
3:00pm  
to  
4:00pm

## **Quick Class: Everyday Essential Oils for Health**

*by Danielle Saltiel* 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.

JUN

08

**Sat**  
11:00am  
to  
12:00pm

## **Quick Class: It's Zucchini Zoodle Time**

*by Danielle Saltiel* 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.



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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](https://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.