

# EVENT CALENDAR

**Liberty**  
**(816) 335-4190**

114 S. Stewart Rd.  
Liberty, MO 64068

MAY

11

Sat  
1:00pm  
to  
3:00pm

## **Mother's Day Make & Take for Kids**

*by Leslie Hodge* 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! Mom's, scrub goodbye to skin care chemicals and bring your kids to Natural Grocers on May 11<sup>th</sup> so they can make an easy DIY FREE sugar scrub for you for Mother's Day!

MAY

15

Wed  
4:00pm  
to  
5:00pm

## **Inflammation 101**

*by Leslie Hodge* 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.

JUN

01

Sat  
1:00pm  
to  
2:00pm

## **Healthy Skin and the Sun**

*by Leslie Hodge* Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

JUN

12

Wed  
4:00pm  
to  
5:00pm

## **DIY Body Care for Every Body**

*by Leslie Hodge* 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.

JUN

15

Sat  
2:00pm  
to  
4:00pm

## **Father's Day Make & Take for Kids**

*by Leslie Hodge* 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 known hormone disruptors, neurotoxins, and skin irritants. But not ours! Dad's, say goodbye to skin care chemicals and bring your kids to Natural Grocers on June 15<sup>th</sup> so they can make an easy Sore Muscle Rub for you for Father's Day!"

JUN

22

Sat  
12:00pm  
to  
3:00pm

## **A Taste of Summer Health Fair**

*by Leslie Hodge* Sponsored By: Natural Grocers

The sound and smell of a sizzling grill are now upon us—and with it, all the wonderfully delicious summertime favorites like juicy watermelon, dark ripe cherries, creamy pasture-based ice cream and more! Sample the likes of these iconic summer foods during this healthier version of a traditional backyard barbecue. Yours too can be as healthy and delicious this summer!





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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.\*\***

**[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.