

# EVENT CALENDAR

MAY

25

Sat  
11:00am  
to  
12:00pm

## Fueling for Fitness

by *Elizabeth Browne* Sponsored By: Natural Grocers

We're as committed to supporting your health and fitness goals as you are to living an active life! This sports nutrition seminar will give you the tools you need to keep you at the top of your game—whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements!

JUL

13

Sat  
12:00pm  
to  
1:00pm

## Healthy Skin and the Sun

by *Elizabeth Browne* 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!

MAY

30

Thu  
3:30pm  
to  
5:00pm

## Come and Get Your Fix!

by *Dirty Diana's Hot Chili Oil*

You've got to come and check out Dirty Diana's Hot Chili Oil. The owner is a fantastic cook, and he'll prepare some delicious food for you. The best part is that you'll see them in action and taste some free samples of their fantastic chili oil. Trust me, you will want to take advantage of this opportunity! No matter if you are vegan or Paleo Dirty D's goes with any meal that your taste buds desire!

JUN

15

Sat  
11:00am  
to  
12:00pm

## Maintaining Muscle Mass

by *Elizabeth Browne* Sponsored By: Natural Grocers

It's never too early, or too late, to improve muscle health—and overall health! But after age 30, we can lose 3 to 8 percent of our muscle mass each decade! Learn how to maintain muscle mass now, and well into the future, with key foods and supplements all recommended by science-based research. Stay strong and muscle on!



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FREE REWARDS PROGRAM TODAY!\***



## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

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**By supporting immune competence, quercetin  
promotes respiratory comfort and health during  
a change in seasons and year-round.\*\***

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