

EVENT CALENDAR

Vancouver - East

(360) 450-2770

3311 SE 192nd Ave
Vancouver, WA 98683

MAY

11

Sat
11:00am
to
12:00pm

Exploring Creativity for Wellness

by Sarah Lightfoot

Enjoy an hour-long session with Enspire Arts exploring how the power of the arts and creativity can benefit your health and wellness journey. Enjoy a mix of activities from music, rhythm, poetry, and art which will be fun, therapeutic, and community-building. Get in touch with your creative self in a welcoming environment and learn how easy it is to integrate arts-based practices into your wellness routine.

MAY

11

Sat
12:00pm
to
1:00pm

Health by Chocolate

by Jenn Reznick Sponsored By: Natural Grocers

Hooray! Chocolate can actually be good for us. Learn how to use quality chocolate to enhance your food ...and your health. Our Nutritional Health Coach will share with you some of the health benefits of chocolate or “food of the gods.” You'll also get recipes and samples of some of our favorites.

MAY

14

Tue
12:00pm
to
1:00pm

Growing Micro Greens

by Stephana Johnson

Discovery the nutrient rich delights of growing your own micro greens. No need to be a green thumb and no need for a big garden. You can grow micro greens on your kitchen counter, window sill or table top. It's easy and fun, plus incredibly delicious addition to your meals.

MAY

18

Sat
10:00am
to
11:00am

Making Fermented Foods At Home

by Stephana Johnson

Fermented foods help make a healthy gut (microbiome). Homemade ferments are easy, customizable, and cost pennies compared to buying them. In this session, we'll explore types of fermentation, how to make various fermented foods, and the supplies you need.

MAY

22

Wed
6:00pm
to
6:30pm

Radiant Skin Secrets

by Stephana Johnson

Join us for a 30-minute pop-up class at Natural Grocers with Holistic Health Practitioner and Wellness expert Stephana Johnson to discover the secrets to reducing fine lines and sagging skin. Learn to make a natural face cream and simple facial exercises that promote a youthful glow.

MAY

30

Thu
1:00pm
to
2:00pm

Frank Discussions About Grief and Loss

by Ann Allen

In this interactive presentation, we'll be guided through what grief and loss really are, how they show up in our lives and how they are usually handled. Come away with a different perspective on what they really are, why people say the things they say, why those things don't work and usually make the griever angrier, and why it's so frustrating whether you're the one grieving or the one trying to help someone who is!





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