

EVENT CALENDAR

MAY

09

Thu
11:00am
to
12:00pm

Digestive Health 101

by Addison Cook Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

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JUN

06

Thu
11:00am
to
12:00pm

What's Grassfed Beef?

by Addison Cook Sponsored By: Natural Grocers

Grass fed beef has become incredibly popular, and for a good reason: It's better for you, better for the planet, and better for farmers. However, with the rising popularity of grass fed beef there has been an increase in "grass fed" products that aren't what they seem to be. Don't be fooled, learn how to spot these imposters, and discover what terms to look for when shopping for a grass-fed product.

JUL

11

Thu
11:00am
to
12:00pm

Healthy Skin and the Sun

by Addison Cook 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!

AUG

21

Wed
11:00am
to
12:00pm

Kids Class: Nutrition 4 the Win!

by Addison Cook 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.



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