

# EVENT CALENDAR

MAY

25

Sat  
1:00pm  
to  
2:00pm

## Bone Builders and Bone Breakers

*by Jean Romeu* Sponsored By: Natural Grocers

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

AUG

31

Sat  
1:00pm  
to  
2:00pm

## Kids Class: Nutrition 4 the Win!

*by Jean Romeu* 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.

JUN

22

Sat  
1:00pm  
to  
2:00pm

## Fight the Blue Light with Lutein

*by Jean Romeu* Sponsored By: Natural Grocers

Blue light is everywhere and unavoidable. Many of us spend over 10 hours every day staring at blue light from our digital devices. This is not only problematic for our eye health but can also interfere with sleep and cognition. Join us to discover why lutein is great for our eyes, but also a super nutrient for the brain throughout our entire lifetime and perfect for our skin when spending time in the sun.

JUL

27

Sat  
1:00pm  
to  
2:00pm

## Maintaining Muscle Mass

*by Jean Romeu* 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!



**DOWNLOAD OUR APP AND JOIN OUR  
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.