

# EVENT CALENDAR

MAY

18

Sat  
2:00pm  
to  
3:00pm

## Dysbiosis and Digestive Discomfort

*by Stacey Kruse* Sponsored By: Natural Grocers

Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.

JUN

08

Sat  
2:00pm  
to  
3:00pm

## Maximize Your Healthspan

*by Stacey Kruse* Sponsored By: Natural Grocers

We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? For most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your healthspan is all about learning how to put health back into your years, so you can live life to the fullest.

JUN

22

Sat  
2:00pm  
to  
3:00pm

## Where to Start to Love Your Heart

*by Stacey Kruse* Sponsored By: Natural Grocers

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.

JUL

13

Sat  
2:00pm  
to  
3:00pm

## Demystifying Fats

*by Stacey Kruse* Sponsored By: Natural Grocers

Fats have been blamed for our declining health since the 1950s, but are they really the villains they've been made out to be? Discover why fats are essential to health and learn why nutrient-dense high-fat foods should be part of a healthy diet. In addition, this class will highlight some of the latest research on fat as we untangle the truth and demystify fats.



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

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