

EVENT CALENDAR

Durango
(970) 247-4100

1123 Camino Del Rio
Durango, CO81301

JUN

01

Sat
11:00am
to
12:00pm

Dysbiosis and Digestive Discomfort

by Ryan Neitzel 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

29

Sat
11:00am
to
12:00pm

Bone Builders and Bone Breakers

by Ryan Neitzel 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.

JUL

27

Sat
11:00am
to
12:00pm

Digestive Health 101

by Ryan Neitzel 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.

AUG

03

Sat
11:00am
to
12:00pm

You Have the Power to Save Your Memory

by Ryan Neitzel Sponsored By: Natural Grocers

Our memory makes us who we are; it helps us stay connected to the present and helps us hold onto our favorite parts of the past. Losing the ability to access these memories and remember our loved ones faces is a scary part of aging. As diseases that rob us of our valuable memories become more and more common, we need to do everything we can to protect our memory.

SEP

06

Fri
11:00am
to
12:00pm

The Power of Mushroom Supplements

by Ryan Neitzel Sponsored By: Natural Grocers

Mushroom supplements are growing in popularity and for good reason. Research is booming showing that mushroom supplements support almost every facet of health, including healthy energy levels, healthy immune system function, glowing skin and hair, and brain, liver, and sinus health. Join us to discover the power of mushroom supplements and find the perfect mushroom for you. Whatever your health goal, mushroom supplements make it achievable!

SEP

16

Mon
11:00am
to
12:00pm

Maximize Your Healthspan

by Ryan Neitzel 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.





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