

EVENT CALENDAR

MAY

11

Sat
1:00pm
to
2:00pm

Healthy Skin and the Sun

by Jackie Hoffberg 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!

MAY

18

Sat
1:00pm
to
2:00pm

It's in the Air: Seasonal Irritants

by Jackie Hoffberg Sponsored By: Natural Grocers

Problems with pollen? It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. Breathe Deeply!



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promotes respiratory comfort and health during
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