

EVENT CALENDAR

MAY

11

Sat
11:00am
to
11:30am

Quick Class: Everyday Essential Oils for Health

by Jessica Rentas-Clift Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.

JUN

02

Sun
2:00pm
to
3:00pm

21 Days to Health: Detoxify Your Life

by Jessica Rentas-Clift Sponsored By: Natural Grocers

Our world is polluted with some 80k chemicals. In week 3 of our 21 Days to a Healthier You series, we will discuss two key ways to minimize their negative impact and discover the benefits of daily detoxification. We will also uncover how to reduce your toxic burden and the toxic burden on our planet. Following the class, turn education into action with a 7-day challenge to detoxify your body and environment. [Sign up!](#)

MAY

19

Sun
2:00pm
to
3:00pm

21 Days to Health: Eat for Your Health

by Jessica Rentas-Clift Sponsored By: Natural Grocers

Join us as we begin our 21 Days to a Healthier You series. NHCs will unpack what healthy eating means and provide the foundation for building balanced and delicious meals that regenerate our world. You'll discover how to read food labels and use supplements to propel vibrant health. Following the class, turn education into action with a 7-day challenge of eating to the Natural Grocers Regenvore Meal Wheel. [Sign up!](#)

MAY

26

Sun
2:00pm
to
3:00pm

21 Days to Health: Kick Sugar Cravings

by Jessica Rentas-Clift Sponsored By: Natural Grocers

Blood sugar levels throughout the day and over time have major impacts on our health. In week 2 of our 21 Days to a Healthier You series, you'll learn how blood sugar impacts health and the steps to maintain healthy blood sugar balance. Following the class, turn education into action with a 7-day challenge focused on removing added sugars to support increased energy, positive mood, better sleep, and more! [Sign up!](#)



**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

*See naturalgrocers.com/privacy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power® Terms of Use. Message and data rates may apply.

** These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.