

# EVENT CALENDAR

Santa Fe  
(505) 474-0111

1090 S. St. Francis Dr.  
Santa Fe, NM87505

MAY

08

Wed  
11:00am  
to  
12:00pm

## Are You Getting E-nough In Your Diet?

*by Morgan Reeser* Sponsored By: Natural Grocers

88% of Americans don't get enough vitamin E. This important antioxidant is essential for bone, skin, eye, cardiovascular health, and immune function. Come take the quiz to see if you're getting E-nough and discover why vitamin E is such a crucial part of your daily routine.

MAY

23

Thu  
12:00pm  
to  
1:00pm

## Quick Class: Avocado Awesomeness

*by Morgan Reeser* Sponsored By: Natural Grocers

Look, it's a vegetable, it's a nut, no it's a *superfruit*! Discover the amazing health benefits of avocado, such as monounsaturated fats, potassium, fiber, B vitamins and other health-supportive compounds. You can experience avocado awesomeness every day!

JUN

12

Wed  
11:30am  
to  
12:30pm

## DIY Body Care for Every Body

*by Morgan Reeser* Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

JUN

19

Wed  
11:30am  
to  
12:30pm

## GMOs: What Are They and Why Care?

*by Morgan Reeser* Sponsored By: Natural Grocers

Genetically modified organisms (GMOs) have become a pervasive part of our food system. While GMO is broadly used term, in general it refers to crops that have been engineered to produce pesticides or can have weed-killer sprayed on them without being harmed. The use of GMOs has resulted in severe and unexpected economic, environmental, and health consequences. Vote with your dollar and say NO to GMOs.

JUN

25

Tue  
10:30am  
to  
11:30am

## Beat The Heat

*by Morgan Reeser* Sponsored By: Natural Grocers

Who doesn't love the cool, refreshing taste of watermelon during the hot summer months? We've taken it up a notch with this Fruity Watermelon Pizza. Thick slices of watermelon are topped with a yogurt-cream cheese sauce and the freshest summer fruit. It's healthy, delightful, and refreshing and makes a wonderful snack or light dessert. Make it vegan by swapping the yogurt and cream cheese for dairy-free options.

JUN

27

Thu  
3:30pm  
to  
4:30pm

## You Have the Power to Save Your Memory

*by Morgan Reeser* 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.





**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)**

\*See [naturalgrocers.com/privacy](https://naturalgrocers.com/privacy) for our Privacy Policy and [naturalgrocers.com/terms](https://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.