

EVENT CALENDAR

Farmington
(505) 324-6400

700 E. 20th St.
Farmington, NM87401

MAY

11

Sat
11:00am
to
12:00pm

good4u Nutrition 101

by *Katie Allemann* Sponsored By: Natural Grocers

The Natural Grocers good4u Nutrition 101 class gives you all the right tools for total body health—balanced energy, mood, sleep, metabolism, brain function and more! By attending, you'll be on your way to discovering your pure potential towards a lifestyle that's truly good4u!

JUN

01

Sat
11:00am
to
12:00pm

Healthy Skin and the Sun

by *Katie Allemann* 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!

JUN

15

Sat
11:00am
to
12:00pm

Inflammation 101

by *Katie Allemann* Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.

JUL

13

Sat
11:00am
to
12:00pm

The War on Salt

by *Katie Allemann* Sponsored By: Natural Grocers

We've seen the headlines and dietary guidelines urging all Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is actually health-promoting. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.

AUG

03

Sat
11:00am
to
12:00pm

Natural Tips to Support Healthy Sleep

by *Katie Allemann* Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.

AUG

24

Sat
11:00am
to
12:00pm

Kids Class: Nutrition 4 the Win!

by *Katie Allemann* Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.





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THE RESPIRATORY ROCKSTAR**

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