

EVENT CALENDAR

Abilene
(325) 690-6699

3350 South Clack St
Abilene, TX79606

MAY

14

Tue
5:00pm
to
6:00pm

It's in the Air: Seasonal Irritants

by Randi Holder 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!

JUN

11

Tue
5:00pm
to
6:00pm

Natural Hacks to Support a Healthy Mood

by Randi Holder Sponsored By: Natural Grocers

Don't worry be happy, lose the 'tude, turn that frown upside down... all easier said than done, until now. Gain a new understanding of the many complexities that play a role in supporting a healthy mood or hindering it. Nutritional, supplemental, environmental, lifestyle and other key factors will be discussed.





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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

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