

EVENT CALENDAR

MAY

11

Sat
11:00am
to
12:00pm

Mothers Day Tea

by Aubrey Vereecke Sponsored By: Natural Grocers

Join us for some tea and light snacks to celebrate Mother's Day. Learn about the benefits of various Teas and herbs and how they can support your well-being. We will have a DIY loose-leaf tea station where you can make your own blend to take home!

JUN

14

Fri
11:00am
to
11:30am

Natural Hacks for Attention Support

by Aubrey Vereecke Sponsored By: Natural Grocers

Do you or your child require a lot of brain power throughout the day but find you're in need of some "focus pocus"? Come discover how nutrition and lifestyle tweaks can support your attention to help learning and cognition be as easy as pi(e).

MAY

24

Fri
11:00am
to
11:30am

It's in the Air: Seasonal Irritants

by Aubrey Vereecke 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

01

Sat
11:00am
to
12:00pm

Paleo/Primal Salad Dressings and Dips

by Aubrey Vereecke Sponsored By: Natural Grocers

Did you know a diet containing healthy fats can support a healthy inflammatory balance? Polyunsaturated fats found in bottled salad dressings promote inflammation. Dress your greens with recipes demonstrated at this class and maintain a balanced intake of Omega 3 and 6 fatty acids which support optimal health!



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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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