

# EVENT CALENDAR

Billings  
(406) 652-1500

304 S 24th Street W  
Billings, MT59102

MAY

25

Sat  
11:00am  
to  
12:00pm

## Bone Builders and Bone Breakers

*by Izzie Schroyer* Sponsored By: Natural Grocers

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

JUL

13

Sat  
11:00am  
to  
11:30am

## Quick Class: Eggs-Beyond Breakfast

*by Izzie Schroyer* Sponsored By: Natural Grocers

Which came first the chicken or the egg? While the adage may never be answered, our selection of eggcellent free range & new, NG These Came First pasture-raised eggs are as delicious and nutritious as ever! Eggs—it's what's for breakfast, lunch and dinner! Join the good4urevolution and Learn. Eat. Dream!

JUN

08

Sat  
11:00am  
to  
12:00pm

## Snacking Can Be good4u!

*by Izzie Schroyer* Sponsored By: Natural Grocers

Move over crackers; there's a new snack in town! We'll teach you tips and tricks for helping you stay on track and achieve your health goals...even when it comes to snacking! We put our best snack-happy, brain-fog-busting, energy-packing snacks to the test, and we're ready to share them with you. Discover nutrient-dense, snack-tastic treats and CHALLENGE your snacking habits this week!

AUG

24

Sat  
11:00am  
to  
12:00pm

## Kids Class: Nutrition 4 the Win!

*by Izzie Schroyer* 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.

JUN

22

Sat  
11:00am  
to  
12:00pm

## Dinner: More Veggies, Please!

*by Izzie Schroyer* Sponsored By: Natural Grocers

What's for dinner? Vegetables! Discover how to eat more organic vegetables at dinner and we'll help make all your healthy dreams a reality.





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## **NUTRIENT TO KNOW ABOUT: QUERCETIN**

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**By supporting immune competence, quercetin  
promotes respiratory comfort and health during  
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