

# EVENT CALENDAR

MAY  
10

Fri  
12:00pm  
to  
1:15pm

## Fast, Tasty, Versatile Vegan Home Cooking

*by Shana Cohen*

Come, enjoy a quick and simple summer salad full of flavor! Topped with vegan toona made from garbanzo beans. Very tasty and easy to make. Will become a staple in your home in no time. A short discussion and open floor to ask any questions you may have about eating vegan. Looking forward to sharing a meal with you!

MAY  
11

Sat  
11:00am  
to  
11:30am

## Health by Chocolate

*by Nicolette Severa* Sponsored By: Natural Grocers

Hooray! Chocolate can actually be good for us. Learn how to use quality chocolate to enhance your food ...and your health. Our Nutritional Health Coach will share with you some of the health benefits of chocolate or “food of the gods.” You'll also get recipes and samples of some of our favorites.

JUN  
01

Sat  
11:00am  
to  
11:30am

## The Egg Came First

*by Nicolette Severa* Sponsored By: Natural Grocers

While we can't answer the philosophical question of which came first, the chicken or the egg, we can tell you that eggs are a powerhouse of nutrition from protein, vitamins, and minerals, to unique nutrients such as choline and lecithin. Eggs can help meet your health goals at any age and any meal of the day!

JUN

08

Sat  
11:00am  
to  
12:00pm

## Healthy Skin and the Sun

*by Nicolette Severa* 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!

JUL

13

Sat  
11:00am  
to  
12:00pm

## Keto Diet 101

*by Nicolette Severa* Sponsored By: Natural Grocers

Mounting scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time. Going keto is all the rage, but the diet is laden with conflicting ideas, disastrous oversimplification, and misinformation. In Keto 101 we'll dive into this trend to understand the what, why, and how to succeed with ketogenic eating.

JUL

27

Sat  
11:00am  
to  
12:00pm

## The Buzz Behind Bone Broth and Collagen

*by Nicolette Severa* Sponsored By: Natural Grocers

Maybe you've heard of bone broth, or have seen some of the latest collagen supplements at the health food store. You may have even tried some of these trendy products without knowing what makes them so great. Find out why these products have become so popular, what they are, and how to use them to support optimal health.



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

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