

EVENT CALENDAR

MAY

11

Sat
11:00am
to
12:00pm

Cravings, Weight Gain, & Blood Sugar

by Alix Fawkes Sponsored By: Natural Grocers

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

MAY

25

Sat
11:00am
to
12:00pm

Healthy Skin and the Sun

by Alix Fawkes 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

08

Sat
11:00am
to
12:00pm

Don't Wing It: Plan the Perfect Party

by Alix Fawkes Sponsored By: Natural Grocers

Pre-planning any event is your secret weapon to making it an event you can enjoy, too! With our tips, recipe demonstrations and ideas for the perfect party foods, you AND your guests will have more time to enjoy and spend together. Hosting is easy when you have a game plan.

JUL

06

Sat
11:00am
to
12:00pm

Snacking Can Be good4u!

by Alix Fawkes 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!

JUL

20

Sat
11:00am
to
12:00pm

Inflammation 101

by Alix Fawkes 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.

AUG

03

Sat
11:00am
to
12:00pm

Quick Class: Got Chocolate?

by Alix Fawkes Sponsored By: Natural Grocers

Gotta have chocolate? Then you're one of us! Indulge in a chocolatey daze of delectable sweetness when you discover everything there is to know about the smooth, satisfying richness that is irresistible chocolate! Did someone say samples? We did! Join the good4urevolution and Learn. Eat. Dream!



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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.****

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