

EVENT CALENDAR

MAY

11

Sat
11:00am
to
12:00pm

Rockstar Lung and Respiratory Health

by *Lauriena Cruz* Sponsored By: Natural Grocers

Our respiratory system is hard at work every day, supplying the body with the oxygen it needs to function and carry out living processes. It's also one of our first lines of defense against harmful substances and provides detoxification support, among other things. In this class, you'll learn how diet, lifestyle, & supplements can help maintain rockstar lung and respiratory health throughout your lifetime.

JUN

01

Sat
11:00am
to
12:00pm

Healthy Skin and the Sun

by *Lauriena Cruz* 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

14

Fri
12:00pm
to
1:00pm

Quick Class: Elevate Your Tailgate!

by *Lauriena Cruz* Sponsored By: Natural Grocers

Take your favorite tailgating foods to a new, good4u level and score a win for team healthy! There's no need to search for completely new recipes—cheer on your team with classics like dips & drinks—just upgrade them! Featuring our “good4u Snack Kebobs.”

JUL

13

Sat
11:00am
to
12:00pm

Juicing Your Way to Vitality

by *Lauriena Cruz* Sponsored By: Natural Grocers

Did you know approximately 91% of Americans don't meet the recommendations for vegetable consumption? Juicing is an easy way to virtually guarantee that you will reach your daily target for fresh produce. Stop in to learn the latest tips and trends to juicing the rainbow and to *Juicing Your Way to Vitality!*

JUL

27

Sat
11:00am
to
12:00pm

Smart Foods for Smart Kids

by *Lauriena Cruz* Sponsored By: Natural Grocers

Children's brains require specialized, smart nutrition. Their daily diet can help support a healthy attention span, give them stable energy levels throughout the day, and provide their body with all foods necessary for a healthy, growing brain. With the recipes and tips you'll learn at this cooking class, the future is looking bright.

AUG

10

Sat
11:00am
to
12:00pm

Natural Hacks for Memory Support

by *Lauriena Cruz* Sponsored By: Natural Grocers

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.



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THE RESPIRATORY ROCKSTAR**

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promotes respiratory comfort and health during
a change in seasons and year-round.****

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