

# EVENT CALENDAR

**Bend**  
**(541) 617-0200**

3188 North Highway 97  
Bend, OR 97703

MAY

18

Sat  
2:00pm  
to  
3:00pm

## **Gelatin: A Rediscovered Superfood**

*by Carmen Ugas* Sponsored By: Natural Grocers

You might not have included this on your weekly shopping list, but it certainly deserves a spot. Gelatin is an underappreciated superfood that has long been a part of many traditional diets. A few quick cooking tips and you will be an expert at incorporating this nutrient-rich food into your and your family's diet.

JUN

29

Sat  
2:00pm  
to  
3:00pm

## **Stress Fighting Foods**

*by Carmen Ugas* Sponsored By: Natural Grocers

Chronic stress causes us to gain belly fat, can shrink our brain cells and destroys our immune system. While removing stress from your life may not be entirely possible, there are foods that help support a calm mood and healthy stress response. Delicious recipes taught in this class will show you how to incorporate these foods into your everyday diet.

JUL

13

Sat  
2:30pm  
to  
3:00pm

## **Quick Class: Everyday Essential Oils for Health**

*by Carmen Ugas* Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone. Discover the basics of how essential oils support health and learn how to build your own essential oil kit.

AUG

24

Sat  
2:00pm  
to  
3:00pm

## **Kids Class: Nutrition 4 the Win!**

*by Carmen Ugas* 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.

SEP

28

Sat  
2:00pm  
to  
3:00pm

## **Natural Hacks for Attention Support**

*by Carmen Ugas* 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).





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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](https://naturalgrocers.com/quercetin)**

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\*\* These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.