

EVENT CALENDAR

Idaho Falls
(208) 523-6100

1270 E 17th Street
Idaho Falls, ID83404

MAY

11

Sat
2:00pm
to
2:45pm

Quick Class: Everyday Essential Oils for Health

by *Jamison Long* 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.

JUN

08

Sat
1:00pm
to
2:00pm

Building Healthy & Delicious Meals

by *Jamison Long* Sponsored By: Natural Grocers

Let's get back to the basics! Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy & delicious meals. Together we'll make meal planning easy!





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FREE REWARDS PROGRAM TODAY!***



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

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