

EVENT CALENDAR

Golden
(303) 279-2500

2401 Ford Street
Golden, CO80401

MAY

11

Sat
11:00am
to
12:00pm

Supplements: Why You Need Them Daily

by *Dr Steven Teagarden*

No matter what diet you follow, it's necessary to consume several supplements to ensure optimal health and prevent disease. This informative presentation is chock full of valuable information on which supplements to take, the most bioavailable formulas, and the amount required to keep your health in tip-top shape. Start the new year off by ensuring that you're properly nourished!

MAY

18

Sat
12:00pm
to
12:45pm

Digestive Health 101

by *Christina Berg, MBWP* Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

JUN

01

Sat
12:00pm
to
12:45pm

Inflammation 101

by *Christina Berg, MBWP* 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.

JUN

15

Sat
12:00pm
to
12:45pm

Paleo Pancakes

by *Christina Berg, MBWP* Sponsored By: Natural Grocers

Did you know that pancakes can be grain-free, blood sugar friendly and DELICIOUS!? In this cooking demonstration, we will talk about the many ways we can make nutritious pancakes, plus offer ideas for tasty toppings that will balance your mood and energy throughout the day. This weekend favorite is back on the menu!

JUL

13

Sat
12:00pm
to
12:45pm

Fueling for Fitness

by *Christina Berg, MBWP* Sponsored By: Natural Grocers

We're as committed to supporting your health and fitness goals as you are to living an active life! This sports nutrition seminar will give you the tools you need to keep you at the top of your game—whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements!

JUL

20

Sat
12:00pm
to
12:45pm

Foods for Fitness

by *Christina Berg, MBWP* Sponsored By: Natural Grocers

Ever wonder why some foods help you go the extra mile, while others seem to hold you back? Learn which foods best support your active body and discover new recipes to help you fuel up before, during and after exercise.





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