

# EVENT CALENDAR

Eugene  
(541) 345-3300

201 Coburg Road  
Eugene, OR 97401

MAY

17

Fri  
10:00am  
to  
4:00pm

## Bloodworks Blood Drive

by *Yaakov Levine*

Giving blood can make a huge difference for a patient in need—and it comes with cookies and snacks. Call BloodworksNW at 1-800-398-7888 to schedule your blood donation. The Blood Drive mobile bus is in the Natural Grocers parking lot.

MAY

17

Fri  
2:00pm  
to  
2:45pm

## Quick Class: Avocado Awesomeness

by *Yaakov Levine* Sponsored By: Natural Grocers

Look, it's a vegetable, it's a nut, no it's a *superfruit*! Discover the amazing health benefits of avocado, such as monounsaturated fats, potassium, fiber, B vitamins and other health-supportive compounds. You can experience avocado awesomeness every day!

MAY

31

Fri  
11:00am  
to  
4:00pm

## American Red Cross Blood Drive

by *Yaakov Levine*

Giving blood can make a huge difference for a patient in need—and it comes with cookies and snacks. Call the American Red Cross @ 1-800-733-2767 to schedule your blood donation. You can find the Blood Drive mobile bus in the Natural Grocers parking lot.

JUN

08

Sat  
11:00am  
to  
12:00pm

## Digestive Health 101

by *Yaakov Levine* 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

29

Sat  
11:00am  
to  
12:00pm

## The War on Salt

by *Yaakov Levine* Sponsored By: Natural Grocers

We've seen the headlines and dietary guidelines urging all Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt is actually health-promoting. Join this class and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.

JUL

05

Fri  
2:00pm  
to  
2:45pm

## Paleo Pancakes: Red, White and Blueberry

by *Yaakov Levine* 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, like fresh strawberries, coconut and blueberries. These signature red, white and blueberry pancakes will help balance your mood and energy throughout the day!





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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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