Eugene (541) 345-3300

201 Coburg Road Eugene, OR97401

EVENT CALENDAR



Fri

10:00am

4:00pm

Bloodworks Blood Drive

by Yaakov Levine

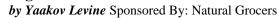
Giving blood can make a huge difference for a patient in need—and it comes with cookies and snacks. Call BloodworksNW at 1-800-398-7888 to schedule your blood donation. The Blood Drive mobile bus is in the Natural Grocers parking lot.



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!

Digestive Health 101



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.



12:00pm

JUN

08

Sat

11:00am

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

nealth-promoting. Join this class and discover how adding more salt to your d can support overall health, including heart health, exercise performance, and healthy weight maintenance.



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.

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



By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.^{**}

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