

EVENT CALENDAR

MAY

11

Sat
10:00am
to
11:00am

Immune Support 101

by **Nancy Potter** Sponsored By: Natural Grocers

Most people know that vitamin C is important for the immune system, but do they know why? And what about the importance of other vitamins? Just like the rest of our body, the immune system requires optimal nutrition to function at its best. Keeping your immune system fed with proper nutrition will ensure that your body is ready to handle whatever comes its way during the winter months.

MAY

23

Thu
5:30pm
to
6:30pm

The Ayurveda Way

by **Nancy Potter** Sponsored By: Natural Grocers

This class is an introduction to help you discover your Ayurvedic body type (dosha). Knowing your dosha type can help maximize your health through individualizing your diet and lifestyle. Join us to learn more about balancing your dosha for achieving optimal health.

MAY

30

Thu
5:30pm
to
6:30pm

Quick Class: Celebrate Squash

by **Nancy Potter** Sponsored By: Natural Grocers

Despite its name, winter squash is about as fall as you can get. With 11 varieties to choose from—including pumpkin—fall is the perfect time to celebrate squash and its wonderfully delicious flavor profiles and superior health benefits. Roast it, steam it or puree it—come learn all about this favorite fall food and why it's truly good4u.

JUL

11

Thu
9:30am
to
10:30am

Healthy Skin and the Sun

by **Nancy Potter** Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

JUL

25

Thu
9:30am
to
10:30am

Digestive Health 101

by **Nancy Potter** 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.

AUG

01

Thu
9:30am
to
10:30am

Dysbiosis and Digestive Discomfort

by **Nancy Potter** Sponsored By: Natural Grocers

Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.



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