

Wheat Ridge
(303) 420-2600

4900 Kipling Street
Wheat Ridge, CO80033

EVENT CALENDAR

MAY
07
Tue
6:00pm
to
7:00pm

Boost Your Energy With B Vitamins!

by Dr Steven Teagarden

If you'd like to naturally boost your energy, all day and every day, come and learn about the crucially important B vitamins. This super informative talk will review all the B vitamins, and help you understand why they're so important to your health and energy levels.

MAY
29
Wed
5:00pm
to
5:30pm

Quick Class: What's the Fermented Fuss?

by Kami Harman Sponsored By: Natural Grocers

Interested in what all the fermented food fuss is about? Come to our fermented fast class and discover how you can join the good4urevolution and Learn. Eat. Dream!

MAY
08
Wed
5:00pm
to
5:30pm

Quick Class: Everyday Essential Oils for Health

by Kami Harman 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
09
Sun
12:00pm
to
1:00pm

Inflammation 101

by Kami Harman 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.

MAY
19
Sun
12:00pm
to
1:00pm

Detox 101

by Kami Harman Sponsored By: Natural Grocers

There are a million reasons to detox -- and probably a million different ways to go about it. But what's the best way? Join us to discover how an effective detox must not only address our exposure to toxins, but also support our body's daily detoxification functions.

JUN
30
Sun
12:00pm
to
1:00pm

Vegan Paleo Salad Dressings and Dips

by Kami Harman Sponsored By: Natural Grocers

We all need to eat healthy fats to support a healthy inflammatory balance in our bodies. Many polyunsaturated fats found in most bottled salad dressings promote inflammation. Dress your veggies with recipes taught at this class and maintain a balanced intake of Omega 3 and 6 fatty acids and support optimal health!





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promotes respiratory comfort and health during
a change in seasons and year-round.****

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