

EVENT CALENDAR

Tyler
(903) 561-1800

4820 S. Broadway Ave.
Tyler, TX 75703

MAY

11

Sat
11:00am
to
12:00pm

Feed Your Brain

by Denise Nix Sponsored By: Natural Grocers

Do you find it hard to concentrate or focus? Feel irritable or moody for no discernible reason? Are you absentminded or suffer from periodic brain fog? There are foods that can help! Learn how to incorporate these foods into brain (and overall health) friendly meals by attending this cooking demonstration.

JUN

22

Sat
11:00am
to
11:45am

The Unsweet Side of Soda

by Denise Nix Sponsored By: Natural Grocers

Soda, pop, cola -- whatever you want to call it -- contains a mishmash of chemicals and enough sugar to ruin your good health. Sugar consumption in the United States has reached unreal levels and its rise is mirrored by the rise in many of the chronic health problems that plague Americans. Use tips learned in this class to break the sugar addiction and improve your health and the health of your family.

JUN

01

Sat
11:00am
to
12:00pm

Dinner: More Veggies, Please!

by Denise Nix Sponsored By: Natural Grocers

What's for dinner? Vegetables! Discover how to eat more organic vegetables at dinner and we'll help make all your healthy dreams a reality.

JUL

13

Sat
11:00am
to
12:00pm

Young at Heart: Healthy Aging with CoQ10

by Denise Nix Sponsored By: Natural Grocers

Not only are you aging, but your cells are aging, too! Did you know energy, heart health, healthy aging, and more all require CoQ10 at the cellular level? Learn how to support your cells by adding CoQ10 to your daily regimen.

JUN

21

Fri
12:00pm
to
12:45pm

Quick Class: Got Chocolate?

by Denise Nix Sponsored By: Natural Grocers

Gotta have chocolate? Then you're one of us! Indulge in a chocolatey daze of delectable sweetness when you discover everything there is to know about the smooth, satisfying richness that is irresistible chocolate! Did someone say samples? We did! Join the good4urevolution and Learn. Eat. Dream!

JUL

27

Sat
11:00am
to
12:00pm

Creating a Healthy Home

by Denise Nix Sponsored By: Natural Grocers

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation in their home. But, did you know that there are a lot of other toxic compounds found in your home, like constant exposure to electromagnetic frequencies, that may be damaging to your health? Get all the tips and tricks on creating a healthy home environment.





**DOWNLOAD OUR APP AND JOIN OUR
FREE REWARDS PROGRAM TODAY!***



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.**

naturalgrocers.com/quercetin

*See naturalgrocers.com/privacy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power® Terms of Use. Message and data rates may apply.

** These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.