

# EVENT CALENDAR

**Joplin**  
**(417) 627-9436**

510 South Range Line Rd  
Joplin, MO64801

MAY

11

**Sat**  
1:00pm  
to  
2:00pm

## **It's in the Air: Seasonal Irritants**

*by Bonnie Chastain* Sponsored By: Natural Grocers

Problems with pollen? It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. Breathe Deeply!

MAY

31

**Fri**  
1:00pm  
to  
2:00pm

## **Dinner: More Veggies, Please!**

*by Bonnie Chastain* 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.

JUN

12

**Wed**  
11:00am  
to  
12:00pm

## **The War on Salt**

*by Bonnie Chastain* 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.

JUN

21

**Fri**  
5:00pm  
to  
6:00pm

## **Where to Start to Love Your Heart**

*by Bonnie Chastain* Sponsored By: Natural Grocers

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.

JUL

03

**Wed**  
10:30am  
to  
11:30am

## **Paleo Pancakes: Red, White and Blueberry**

*by Bonnie Chastain* 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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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](https://naturalgrocers.com/quercetin)**

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