

EVENT CALENDAR

Warrenton
(503) 861-5646

137 S. Hwy 101
Warrenton, OR 97146

MAY

11

Sat
3:00pm
to
4:00pm

DIY Body Care for Every Body

by *Korine Erickson* Sponsored By: Natural Grocers

You eat organic and read labels to avoid chemicals, but what about your body care products? The average American uses 9 products a day for a total of 126 different ingredients - many of which are hormone disruptors, neurotoxins and skin irritants. But not ours! Scrub goodbye to skin care chemicals and learn fun, easy do-it-yourself body care using oils, foods and everyday ingredients at home.

JUN

05

Wed
12:00pm
to
1:00pm

It's in the Air: Seasonal Irritants

by *Korine Erickson* 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!

JUL

03

Wed
12:00pm
to
1:00pm

Fueling for Fitness

by *Korine Erickson* Sponsored By: Natural Grocers

We're as committed to supporting your health and fitness goals as you are to living an active life! This sports nutrition seminar will give you the tools you need to keep you at the top of your game—whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements!





**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

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