

EVENT CALENDAR

MAY

18

Sat
12:00pm
to
1:00pm

Fueling for Fitness

by *Niki Somogyi* 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!

JUN

15

Sat
12:00pm
to
1:00pm

Digestive Health 101

by *Niki Somogyi* 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.



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

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