

# EVENT CALENDAR

MAY

11

Sat  
10:00am  
to  
11:00am

## Paleo Wraps

by *Vaughn Peterson* Sponsored By: Natural Grocers

Are you stuck in your lunch-time rut? Break the bread habit by learning how to make a delicious Paleo lettuce wrap instead. Cooking healthy Paleo dishes doesn't need to be complicated or time consuming, it's actually quite simple! Even better, Paleo Wraps help boost your intake of healthy foods.

MAY

25

Sat  
10:00am  
to  
11:00am

## Dysbiosis and Digestive Discomfort

by *Vaughn Peterson* Sponsored By: Natural Grocers

Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.

JUN

08

Sat  
10:00am  
to  
11:00am

## Quick Class: Avocado Awesomeness

by *Vaughn Peterson* Sponsored By: Natural Grocers

Look, it's a vegetable, it's a nut, no it's a *superfruit*! Discover the amazing health benefits of avocado, such as monounsaturated fats, potassium, fiber, B vitamins and other health-supportive compounds. You can experience avocado awesomeness every day!

JUN

22

Sat  
10:00am  
to  
11:00am

## Demystifying Fats

by *Vaughn Peterson* Sponsored By: Natural Grocers

Fats have been blamed for our declining health since the 1950s, but are they really the villains they've been made out to be? Discover why fats are essential to health and learn why nutrient-dense high-fat foods should be part of a healthy diet. In addition, this class will highlight some of the latest research on fat as we untangle the truth and demystify fats.

JUL

13

Sat  
10:00am  
to  
11:00am

## Quick Class: What's the Fermented Fuss?

by *Vaughn Peterson* 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!

AUG

24

Sat  
10:00am  
to  
11:00am

## Kids Class: Nutrition 4 the Win!

by *Vaughn Peterson* Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.



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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.\*\***

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