

# EVENT CALENDAR

MAY  
12

Sun  
1:30pm  
to  
2:30pm

## **DIY Body Care for Every Body**

*by Brittany Hugelen* 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.

MAY  
19

Sun  
2:00pm  
to  
3:00pm

## **The Power of Mushroom Supplements**

*by Brittany Hugelen* Sponsored By: Natural Grocers

Mushroom supplements are growing in popularity and for good reason. Research is booming showing that mushroom supplements support almost every facet of health, including healthy energy levels, healthy immune system function, glowing skin and hair, and brain, liver, and sinus health. Join us to discover the power of mushroom supplements and find the perfect mushroom for you. Whatever your health goal, mushroom supplements make it achievable!

JUN  
02

Sun  
1:00pm  
to  
2:00pm

## **The Unsweet Side of Soda**

*by Brittany Hugelen* 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  
09

Sun  
1:00pm  
to  
1:45pm

## **good4u Food on a Budget**

*by Brittany Hugelen* Sponsored By: Natural Grocers

Join us for our good4u, good4your budget store tour and discover how to support you and your family's optimal health—without breaking the bank! We'll show you our tips and tools for staying on track, using our Menu Planner, Shopping & Pantry List, Healthy Meal Wheel, and more! Let your Nutritional Health Coach be your guide to following your personal food budget.

JUL  
07

Sun  
1:00pm  
to  
2:00pm

## **GMOs: What Are They and Why Care?**

*by Brittany Hugelen* Sponsored By: Natural Grocers

Genetically modified organisms (GMOs) have become a pervasive part of our food system. While GMO is broadly used term, in general it refers to crops that have been engineered to produce pesticides or can have weed-killer sprayed on them without being harmed. The use of GMOs has resulted in severe and unexpected economic, environmental, and health consequences. Vote with your dollar and say NO to GMOs.

JUL  
28

Sun  
1:00pm  
to  
2:00pm

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

*by Brittany Hugelen* 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.



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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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