

# EVENT CALENDAR

MAY

11

Sat  
11:00am  
to  
12:00pm

## Healthy & Taste-Tea!

by *Valerie Willis* Sponsored By: Natural Grocers

Join us for tea time! From an earthy jasmine green to a dark red hibiscus—learn what makes each cup of tea so unique in taste and so beneficial to our health. Sample year-round and refreshing summertime favorites and unlock the power that comes from freshly brewed tea!

MAY

25

Sat  
11:00am  
to  
12:00pm

## The Power of Mushroom Supplements

by *Valerie Willis* 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

22

Sat  
11:00am  
to  
12:00pm

## The War on Salt

by *Valerie Willis* 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.

JUL

06

Sat  
11:00am  
to  
12:00pm

## Paleo Pancakes: Red, White and Blueberry

by *Valerie Willis* 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!

JUL

20

Sat  
11:00am  
to  
12:00pm

## good4u Food on a Budget

by *Valerie Willis* 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.

AUG

10

Sat  
11:00am  
to  
12:00pm

## Health by Chocolate

by *Valerie Willis* Sponsored By: Natural Grocers

Hooray! Chocolate can actually be good for us. Learn how to use quality chocolate to enhance your food ...and your health. Our Nutritional Health Coach will share with you some of the health benefits of chocolate or "food of the gods." You'll also get recipes and samples of some of our favorites.



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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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