

# EVENT CALENDAR

MAY

11

Sat  
1:00pm  
to  
2:00pm

## Natural Tips to Support Healthy Sleep

by *Katherine MacNair* Sponsored By: Natural Grocers

Are you dreaming of a good night's sleep? There are a variety of natural sleep solutions that can support you in making sound, restful, and rejuvenating sleep a reality. This includes increasing the nutrient density of the diet, practicing proper sleep hygiene, and adding sleep-supportive supplements that can help you achieve those z's. Join us and discover the steps to foster quality, healthy sleep every night.

MAY

15

Wed  
6:00pm  
to  
7:00pm

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JUN

08

Sat  
1:00pm  
to  
2:00pm

## Keto Diet 101

by *Katherine MacNair* Sponsored By: Natural Grocers

Mounting scientific research suggests that eating a ketogenic diet could represent one of the greatest nutritional breakthroughs of our time. Going keto is all the rage, but the diet is laden with conflicting ideas, disastrous oversimplification, and misinformation. In Keto 101 we'll dive into this trend to understand the what, why, and how to succeed with ketogenic eating.

JUN

12

Wed  
6:00pm  
to  
7:00pm

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JUL

13

Sat  
1:00pm  
to  
2:00pm

## Fight Back Against Stress

by *Katherine MacNair* Sponsored By: Natural Grocers

Stress stinks. Stress is everywhere and takes a significant toll on our bodies. While it's impossible to remove all stress from our lives, incorporating a few specific nutrients and lifestyle changes can help support our ability to adapt and cope with stress.

JUL

27

Sat  
1:00pm  
to  
2:00pm

## Quick Class: Smoothie Bowls

by *Katherine MacNair* Sponsored By: Natural Grocers

Smoothie bowls are what they sound like, but much more fun than you would think. You can create pretty much any combo of flavors that you want and top it with your favorite goodies. Come experience the easiest and healthiest way to turn a smoothie into a meal!



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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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