

# EVENT CALENDAR

MAY

11

Sat  
10:00am  
to  
11:00am

## Quick Class: Garlic Greatness

by *Julie Gerling* Sponsored By: Natural Grocers

It's a staple in just about every type of cuisine, and it is a staple of good health. The special sulfur-containing compounds in garlic make it a valuable and potent part of any healthy diet or supplement regime. Whether you're looking for a cardiovascular superhero, a supplement to support immune function, memory, or even a little everyday detoxification, never fear, garlic is here!

JUN

22

Sat  
11:00am  
to  
12:00pm

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

by *Julie Gerling* 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!

MAY

25

Sat  
10:00am  
to  
11:00am

## The Buzz Behind Bone Broth and Collagen

by *Julie Gerling* Sponsored By: Natural Grocers

Maybe you've heard of bone broth, or have seen some of the latest collagen supplements at the health food store. You may have even tried some of these trendy products without knowing what makes them so great. Find out why these products have become so popular, what they are, and how to use them to support optimal health.

JUL

06

Sat  
10:00am  
to  
11:00am

## Snacking Can Be good4u!

by *Julie Gerling* Sponsored By: Natural Grocers

Move over crackers; there's a new snack in town! We'll teach you tips and tricks for helping you stay on track and achieve your health goals...even when it comes to snacking! We put our best snack-happy, brain-fog-busting, energy-packing snacks to the test, and we're ready to share them with you. Discover nutrient-dense, snack-tastic treats and CHALLENGE your snacking habits this week!

JUN

08

Sat  
11:00am  
to  
12:00pm

## Quick Class: Smoothie Bowls

by *Julie Gerling* 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!

JUL

20

Sat  
10:00am  
to  
11:00am

## Bone Builders and Bone Breakers

by *Julie Gerling* Sponsored By: Natural Grocers

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.



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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.\*\***

**[naturalgrocers.com/quercetin](https://naturalgrocers.com/quercetin)**

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