

# EVENT CALENDAR

Springfield, MO  
417.351.2202

3333 S. Glenstone Ave.  
Springfield, MO 65804

MAY

18

Sat  
11:00am  
to  
12:00pm

## Quick Class: Garlic Greatness

by *Charles Cirocco* 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

01

Sat  
11:00am  
to  
12:00pm

## Paleo Wraps

by *Charles Cirocco* 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.

JUN

15

Sat  
11:00am  
to  
12:00pm

## The War on Salt

by *Charles Cirocco* 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

## Adding More Vegetables!

by *Charles Cirocco* Sponsored By: Natural Grocers

Discover why vegetables are so good4u and considered the foundation of health! Rich in vitamins, nutrients, antioxidants, and fiber—we all know we're supposed to eat the rainbow, but do you know all the varieties out there? Learn how to eat more organic vegetables and we'll show you quick and easy ways to pack a nutrient-dense punch to your meals.

JUL

20

Sat  
11:00am  
to  
12:00pm

## Pregnancy Nutrition for Mom & Baby

by *Charles Cirocco* Sponsored By: Natural Grocers

Pregnant or planning on it? Join us to learn about the power of food for promoting optimal health for mom and baby. We'll discuss foundational principles for a healthy diet, emphasizing whole, real food and support healthy blood sugar balance. Next, we'll cover specific nutrients, supplements, and pregnancy-supportive herbs, as well as natural tips for morning sickness. We'll also look ahead to lactation nutrition!

AUG

03

Sat  
11:00am  
to  
12:00pm

## Maintaining Muscle Mass

by *Charles Cirocco* Sponsored By: Natural Grocers

It's never too early, or too late, to improve muscle health—and overall health! But after age 30, we can lose 3 to 8 percent of our muscle mass each decade! Learn how to maintain muscle mass now, and well into the future, with key foods and supplements all recommended by science-based research. Stay strong and muscle on!





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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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\*\* These statements have not been evaluated by the FDA. These statements are not intended to diagnose, treat or prevent any disease.