

EVENT CALENDAR

MAY

11

Sat
11:30am
to
12:30pm

Natural Tips to Support Healthy Sleep

by *Roxanne Schuster* 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

18

Sat
11:30am
to
12:30pm

Veggies: It's What's for Breakfast!

by *Roxanne Schuster* Sponsored By: Natural Grocers

Start your day off right with... you guessed it—vegetables! We'll show you quick and easy ways to pack a nutrient-dense punch in the morning. Let's put the fast (and healthy) back in breakfast!

JUN

08

Sat
11:30am
to
12:30pm

DIY Body Care for Every Body

by *Roxanne Schuster* 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.

JUN

22

Sat
11:30am
to
12:30pm

Healthy Skin and the Sun

by *Roxanne Schuster* Sponsored By: Natural Grocers

Who doesn't like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It's never too late. You can have it all: fun in the sun and healthy skin! All it takes is a good mineral sunscreen, nutritious food, and a bit of supplement savvy and away you go!

JUL

13

Sat
11:30am
to
12:30pm

The Ayurveda Way

by *Roxanne Schuster* Sponsored By: Natural Grocers

This class is an introduction to help you discover your Ayurvedic body type (dosha). Knowing your dosha type can help maximize your health through individualizing your diet and lifestyle. Join us to learn more about balancing your dosha for achieving optimal health.

JUL

27

Sat
11:30am
to
12:30pm

Quick Class: Get Spiralized & Satisfied

by *Roxanne Schuster* Sponsored By: Natural Grocers

Want to eat more vegetables, but don't know where to start? Going grain-free but miss your favorite pasta dishes? Find out how to stay satisfied using a spiralizer to eat more vegetables and replace less nutritious grains with more nutrient-dense vegetable "noodles" in your favorite dishes.



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