

EVENT CALENDAR

MAY

28

Tue
6:00pm
to
7:00pm

It's in the Air: Seasonal Irritants

by *Lily Maneva-Radicheva* Sponsored By: Natural Grocers

Problems with pollen? It seems like every year spring comes with annoying respiratory frustrations for more and more of us. These seasonal symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients help support a balanced immune response to airborne irritants. Breathe Deeply!

JUN

04

Tue
6:00pm
to
7:00pm

Bone Builders and Bone Breakers

by *Lily Maneva-Radicheva* 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.

JUN

25

Tue
6:00pm
to
7:00pm

Where to Start to Love Your Heart

by *Lily Maneva-Radicheva* Sponsored By: Natural Grocers

Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.

JUL

09

Tue
6:00pm
to
7:00pm

Demystifying Fats

by *Lily Maneva-Radicheva* Sponsored By: Natural Grocers

Fats have been blamed for our declining health since the 1950s, but are they really the villains they've been made out to be? Discover why fats are essential to health and learn why nutrient-dense high-fat foods should be part of a healthy diet. In addition, this class will highlight some of the latest research on fat as we untangle the truth and demystify fats.

JUL

23

Tue
6:00pm
to
7:00pm

Purely Paleo

by *Lily Maneva-Radicheva* Sponsored By: Natural Grocers

There's a science to going Paleo, literally! No matter where you are on the spectrum of health and wellness, The Paleo Diet can give you the ancestral "tools" you need to help you reach your goals. Explore the pure science behind The Paleo Diet and discover why what's old is new again—and just so happens to empower health along the way. Plus enjoy a Purely Paleo Recipe Demo!

AUG

06

Tue
6:00pm
to
7:00pm

Dysbiosis and Digestive Discomfort

by *Lily Maneva-Radicheva* Sponsored By: Natural Grocers

Do you experience occasional gas, bloating, and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and gut dysfunction. In this class, you'll discover the importance of having a healthy microbial balance in the gut, which can support gut comfort and overall health.



**DOWNLOAD OUR APP AND JOIN OUR
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

*See naturalgrocers.com/privacy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power® Terms of Use. Message and data rates may apply.

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