

# EVENT CALENDAR

MAY

11

Sat  
11:00am  
to  
12:00pm

## Quick Class: Tasty Turmeric

by **Bobbie Covert** Sponsored By: Natural Grocers

What's so nutritious about turmeric, anyway? And why is it called "The Spice of Life?" We'll answer all your questions and MORE when you attend our terrific turmeric class! It takes just 30 minutes to gain some knowledge and good4u recipe ideas!

JUL

13

Sat  
11:00am  
to  
12:00pm

## Foods for Fitness

by **Bobbie Covert** Sponsored By: Natural Grocers

Ever wonder why some foods help you go the extra mile, while others seem to hold you back? Learn which foods best support your active body and discover new recipes to help you fuel up before, during and after exercise.

JUN

15

Sat  
11:00am  
to  
12:00pm

## Digestive Health 101

by **Bobbie Covert** Sponsored By: Natural Grocers

Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being.

JUL

20

Sat  
11:00am  
to  
12:00pm

## Inflammation 101

by **Bobbie Covert** Sponsored By: Natural Grocers

Discover the good, the bad, and the ugly sides of inflammation. Although chronic inflammation may go unnoticed, there are diet, lifestyle, and environmental choices you can make in your everyday life that have the power to tame your internal flame and support a balanced inflammatory response. Learn how to calm the fire within.

JUN

29

Sat  
11:00am  
to  
12:00pm

## The War on Salt

by **Bobbie Covert** 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.



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## **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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