

EVENT CALENDAR

MAY

11

Sat
11:00am
to
11:30am

Quick Class: Everyday Essential Oils for Health

by *Kimberly Tzintzun* Sponsored By: Natural Grocers

Essential oils are enjoyable, versatile, and natural products with a multitude of uses beyond their scents alone.

Discover the basics of how essential oils support health and learn how to build your own essential oil kit

JUN

12

Wed
6:00pm
to
7:00pm

Young at Heart: Healthy Aging with CoQ10

by *Kimberly Tzintzun* Sponsored By: Natural Grocers

Not only are you aging, but your cells are aging, too! Did you know energy, heart health, healthy aging, and more all require CoQ10 at the cellular level? Learn how to support your cells by adding CoQ10 to your daily regimen.

MAY

11

Sat
11:30am
to
12:30pm

DIY Scrub Station

by *Kimberly Tzintzun* Sponsored By: Natural Grocers

Stop by and learn a fun, easy way to slough off dull, dry skin to reveal a healthy, hydrating glow!

Take home your own customized DIY Salt & Sugar Scrub and our one-of-a-kind recipes,

using all-natural ingredients and signature oil blends - Lavender Fields

Forever (+Mint), Breathe Easy, Rise & Shine!, Orange Creamsicle and more.

See you at the Scrub Station!

JUN

29

Sat
11:00am
to
12:00pm

Juicing Your Way to Vitality

by *Kimberly Tzintzun* Sponsored By: Natural Grocers

Did you know approximately 91% of Americans don't meet the recommendations for vegetable consumption? Juicing is an easy way to virtually guarantee that you will reach your daily target for fresh produce. Stop in to learn the latest tips and trends to juicing the rainbow and to *Juicing Your Way to Vitality!*

MAY

29

Wed
6:00pm
to
7:00pm

Quick Class: Apple Cider Vinegar

by *Kimberly Tzintzun* Sponsored By: Natural Grocers

Apple cider vinegar provides a laundry list of health benefits... heck, you can even do your laundry with it! Learn how to use apple cider vinegar to support blood sugar regulation, a healthy body weight, heart health, and more.



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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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