

# EVENT CALENDAR

MAY

11

Sat  
2:00pm  
to  
3:00pm

## Radiant Skin Begins Within

by *Lisa Loos, BS* Sponsored By: Natural Grocers

As your body's largest organ, your skin deserves to be as nurtured and protected as much as any other part of the body—with a healthy diet tailored to its unique needs. Unlock your skin's innate ability to defend itself from the inside out against harmful UV rays and other AGE accelerating factors. Graceful aging of the skin begins within!

MAY

18

Sat  
2:00pm  
to  
3:00pm

## Common Enemy Film with Healthy Snacks

by *Dr. Lesa Staubus*

[Common Enemy](#), directed and written by filmmaker Adam Peditto of Humane League, offers a look at the sobering consequences of factory farms, also known as concentrated animal feeding operation (CAFOs), here in Oklahoma. Farmers, environmentalists, and animal welfare advocates find themselves united against one common enemy: industrialized animal agriculture.

MAY

25

Sat  
2:00pm  
to  
3:00pm

## Where to Start to Love Your Heart

by *Lisa Loos, BS* 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.

JUN

08

Sat  
2:00pm  
to  
3:00pm

## Bone Builders and Bone Breakers

by *Lisa Loos, BS* 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

29

Sat  
2:00pm  
to  
3:00pm

## Quick Class: Apple Cider Vinegar

by *Lisa Loos, BS* 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.

JUL

13

Sat  
2:00pm  
to  
3:00pm

## Fueling for Fitness

by *Lisa Loos, BS* Sponsored By: Natural Grocers

We're as committed to supporting your health and fitness goals as you are to living an active life! This sports nutrition seminar will give you the tools you need to keep you at the top of your game—whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements!



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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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