

# EVENT CALENDAR

Conifer  
(303) 816-5000

27101 Main St  
Conifer, CO80433

MAY

11

Sat  
11:00am  
to  
12:00pm

## DIY Body Care for Every Body

*by Sky Schepers* 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

08

Sat  
11:00am  
to  
12:00pm

## Healthy Skin and the Sun

*by Sky Schepers* 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

06

Sat  
11:00am  
to  
12:00pm

## The Primal Smoothie

*by Sky Schepers* Sponsored By: Natural Grocers

Smoothies are a great way to start your day or provide nutrition on the go. They can also be used to dramatically increase the nutrient density of your daily diet. We will show you just how easy smoothies are to make (they only require four easy steps!). Supercharge your smoothie for personalized health benefits!

AUG

10

Sat  
11:00am  
to  
12:00pm

## How to Survive Today's Food Jungle

*by Sky Schepers* Sponsored By: Natural Grocers

Food today is entirely different than it was in your grandparents' day. From the way it's grown to the way it's processed and packaged (including the nutritional value), everything has changed. Knowing how to choose the highest-quality foods is key to caring for your health.

AUG

31

Sat  
1:00pm  
to  
2:00pm

## Kids Class: Nutrition 4 the Win!

*by Sky Schepers* Sponsored By: Natural Grocers

Hey, kids and parents! Come see how fun and easy nutrition can be! Discover how the food you eat feeds your muscles, heart, bones and brain. Build a better plate with tasty treats and fun activities! Parents/caregivers—please stay and play. We can all win when it comes to nutrition! Encouraged for kids ages 4-12.

SEP

07

Sat  
11:00am  
to  
12:00pm

## Adding More Vegetables!

*by Sky Schepers* Sponsored By: Natural Grocers

Discover why vegetables are so good4u and considered the foundation of health! Rich in vitamins, nutrients, antioxidants, and fiber—we all know we're supposed to eat the rainbow, but do you know all the varieties out there? Learn how to eat more organic vegetables and we'll show you quick and easy ways to pack a nutrient-dense punch to your meals.





**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](https://naturalgrocers.com/quercetin)**

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