

EVENT CALENDAR

APR

16

Tue
6:00pm
to
7:15pm

Thyroid Dysfunction and Hashimoto's

by Brandon Duncan, Functional Health Expert & Practitioner

We will discuss thyroid dysfunction including Hashimoto's. Uncover the 6 overlooked causes of Thyroid dysfunction. Review lifestyle changes, proper diet and the right Functional Health/Medicine tests to uncover possible Thyroid disease triggers, and what you can do about it today. Learn how modern day stress can exacerbate Thyroid disease and how these conditions usually don't occur in isolation.

APR

20

Sat
11:00am
to
12:00pm

The Power of Mushroom Supplements

by Erik Lindquist Sponsored By: Natural Grocers

Mushroom supplements are growing in popularity and for good reason. Research is booming showing that mushroom supplements support almost every facet of health, including healthy energy levels, healthy immune system function, glowing skin and hair, and brain, liver, and sinus health. Join us to discover the power of mushroom supplements and find the perfect mushroom for you. Whatever your health goal, mushroom supplements make it achievable!

MAY

18

Sat
11:00am
to
12:00pm

Building Healthy & Delicious Meals

by Erik Lindquist Sponsored By: Natural Grocers

Let's get back to the basics! Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy & delicious meals. Together we'll make meal planning easy!

JUN

22

Sat
11:00am
to
12:00pm

The Power of Probiotics

by Erik Lindquist Sponsored By: Natural Grocers

I am your gut bacteria; you might be shocked to hear this, but I influence how every part of your body works: how easily you lose (or gain) weight, how your immune system functions, even your ability to focus. Knowing which supplements are essential for keeping me (and you!) healthy is easy if you attend this class.

JUL

20

Sat
11:00am
to
12:00pm

Inflammation 101

by Erik Lindquist 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.



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