

EVENT CALENDAR

MAY

04

Sat
11:00am
to
12:00pm

Building Healthy & Delicious Meals

by Aerielle Burnett 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

15

Sat
11:00am
to
12:00pm

Quick Class: What's the Fermented Fuss?

by Aerielle Burnett Sponsored By: Natural Grocers

Interested in what all the fermented food fuss is about? Come to our fermented fast class and discover how you can join the good4urevolution and Learn. Eat. Dream!

MAY

18

Sat
11:00am
to
12:00pm

DIY Body Care for Every Body

by Aerielle Burnett 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

29

Sat
11:00am
to
12:00pm

Cravings, Weight Gain, & Blood Sugar

by Aerielle Burnett Sponsored By: Natural Grocers

Achieving your healthiest weight is not about dieting or even pure willpower, but rather understanding how certain foods affect blood sugar levels and appetite. Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

JUN

01

Sat
11:00am
to
12:00pm

The Power of Probiotics

by Aerielle Burnett 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.



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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.****

naturalgrocers.com/quercetin

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