

# EVENT CALENDAR

OCT

26

Sat  
11:00am  
to  
1:00pm

## Spooktacular Family Fun!

by *Natural Grocers good4u Crew* Sponsored By: Natural Grocers

Family fun alert! Join us Saturday, October 26<sup>th</sup>, 11:00 a.m. to 1:00 p.m. for a chance to win a gift card worth up to \$50 and a kids treasure hunt including treats and crafts! The first 200 through the door will receive a Free limited-edition Halloween themed reusable bag—20 random bags will include a gift card up to \$50. Kids, solve clues that lead to good4u treats throughout the store!

DEC

17

Tue  
11:00am  
to  
12:00pm

## The Power of Mushroom Supplements

by *Korine Erickson* 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!

NOV

05

Tue  
11:00am  
to  
12:00pm

## Natural Hacks for Memory Support

by *Korine Erickson* Sponsored By: Natural Grocers

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.

DEC

03

Tue  
11:00am  
to  
11:30am

## Quick Class: Extraordinary Cranberry

by *Korine Erickson* Sponsored By: Natural Grocers

Come learn all about the tiny, mighty, Extraordinary Cranberry! That's right, the benefits of America's original superfruit go beyond bladder health to support the gut, heart, immune system *and* blood sugar stability—perfect for the season of indulging.



DOWNLOAD OUR APP AND JOIN OUR  
FREE REWARDS PROGRAM TODAY!\*



**NUTRIENT TO KNOW ABOUT:  
MUSHROOM SUPPLEMENTS**

# WHAT'S YOUR HEALTH GOAL?

***Mushroom Supplements  
Can Help\*\****

[naturalgrocers.com/mushrooms](https://naturalgrocers.com/mushrooms)

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\*\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.