

EVENT CALENDAR

OCT

24

Sat
2:00pm
to
3:00pm

Cravings, Weight Gain, & Blood Sugar

by Lily Maneva-Radicheva 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.

NOV

28

Sat
2:00pm
to
3:00pm

Stress Fighting Foods

by Lily Maneva-Radicheva Sponsored By: Natural Grocers

Chronic stress causes us to gain belly fat, can shrink our brain cells and destroys our immune system. While removing stress from your life may not be entirely possible, there are foods that help support a calm mood and healthy stress response. Delicious recipes taught in this class will show you how to incorporate these foods into your everyday diet.

OCT

31

Sat
12:00pm
to
2:00pm

Sampling Delicious Natural Grocers Brand GF Pumpkin Pancakes

by Lily Maneva-Radicheva Sponsored By: Natural Grocers

DEC

05

Sat
2:00pm
to
3:00pm

Quick Class: What's the Fermented Fuss?

by Lily Maneva-Radicheva 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!

NOV

14

Sat
2:00pm
to
3:00pm

Natural Hacks to Support a Healthy Mood

by Lily Maneva-Radicheva Sponsored By: Natural Grocers

Don't worry be happy, lose the 'tude, turn that frown upside down... all easier said than done, until now. Gain a new understanding of the many complexities that play a role in supporting a healthy mood or hindering it. Nutritional, supplemental, environmental, lifestyle and other key factors will be discussed.

DEC

19

Sat
12:00pm
to
2:00pm

Sampling Delicious Natural Grocers Brand Cake Mix Cookies Saturday, December 19th 12-2pm

by Lily Maneva-Radicheva Sponsored By: Natural Grocers



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



NUTRIENT TO KNOW ABOUT: ADAPTOGENS

Rhodiola: Fight Mental Fatigue & Keep Up with Life's Demands

Is stress draining your mental and physical spark? Rhodiola supports mental energy, cognitive function, and physical stamina in demanding situations. Whether you're managing intense workloads, a challenging academic schedule, or rigorous exercise, rhodiola keeps you going strong!*

Ashwagandha: Relax, Unwind, & Find Calm

Want to support peace of mind and find your center? Ashwagandha is a calming adaptogen that fosters a grounded, relaxed state. It provides support during times of occasional anxiety and promotes tranquil sleep.*

Ginseng: Energize & Promote Whole-Body Vitality

Looking to support energy and overall wellness when life feels full throttle? Ginseng supports mental and physical energy, helping you keep your pep in both mind and body. It also fosters immune competence and balanced blood sugar.*

Schisandra: Support Physical Strength & Tend to Your Liver Health

Feel like your muscles or liver could use some TLC? Schisandra's stress-supportive benefits help maintain muscle strength as we age, keeping us active and engaged in the activities we love. It also supports liver resilience and healthy detoxification as it navigates daily stressors.*

Holy Basil: Keep Your Spirits Up & Your Mind Sharp

Want to take extra care of your brain and mental health? Holy basil supports emotional wellbeing and a positive outlook in challenging times. It also helps keep cognitive function at its best, supporting memory, attention, and focus.*

Eleuthero: Age With Grace & Gusto

Is everyday stress making aging top of mind? Eleuthero is a healthy aging ally! It's been shown to support vigor and mental sharpness, especially in our later years. Eleuthero is also considered a more mild adaptogen, making it a great option for those looking for gentle, daily stress support.*

To learn more, scan the QR code or visit :
<https://www.naturalgrocers.com/adaptogens>



*See [naturalgrocers.com/privacy](https://www.naturalgrocers.com/privacy) for our Privacy Policy and [naturalgrocers.com/terms](https://www.naturalgrocers.com/terms) for the {N}power® Terms of Use.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.