



NATURAL GROCERS™

Upcoming FREE Seminars at Northglenn

11465 Washington St., Northglenn, CO 80233

TURNING BACK THE AGING CLOCK



Presented by: Roslyn Rogers, CNC

Sponsored by Nutraceutical Corp. A down-to-earth discussion for men and women by nutritional expert Roslyn Rogers about balancing hormones for a healthy heart, strong bones, weight management, energy and great digestion for creating the best and healthiest years of your life.



Thursday, August 19th, 6:00 P.M.



FREEING YOURSELF FROM SUGAR SLAVERY



Presented by Stephanie Small, MSW, NE

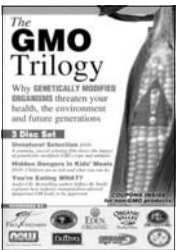
Do cookies, chocolate, and diet soft drinks call your name? Do you have a hard time having "just one?" Join psychotherapist and holistic nutritionist, Stephanie Small, to explore proven nutritional and emotional techniques for cutting down, or cutting out, "the legal white powder."

Thursday, September 2nd, 6:00 P.M.



UNNATURAL SELECTION

A DVD Presentation on Genetically Modified Foods



This stunning European documentary, now available in the United States, reveals the harsh consequences of genetic engineering around the globe. Inadequate testing and regulations currently put us at risk, but the experts featured in this groundbreaking film argue that individual action can provide solutions--and preserve the planet for future generations. Unnatural Selection is part of the GMO Trilogy DVD set available at all Natural Grocers stores.

Date Correction! Tuesday, September 21st, 6:00 P.M.
(Tuesday, August 24th was incorrect)

Reservations not necessary. Seating is limited— first come, first seated. Questions? Call Pat 303-986-4600 x118.
Additional free seminar listings at www.naturalspeakers.com.

Key:



Book Signing



Door Prize: attendees get a chance to win a **FREE** Gift!



FREE Samples



FREE audio file on www.naturalgrocers.com
Look for **Health Seminars**