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**Natural Grocers launches health-focused initiative**

Renowned for its commitment to free Nutrition Education and the expertise of its in-store Nutritional Health Coaches, Natural Grocers kicked off its third-annual 21 Days to a Healthier You series, running Jan. 23–Feb. 2.

This transformative program, designed as a three-part series, invites participants to dive into actionable, science-backed wellness strategies, each accompanied by a seven-day challenge to turn learning into life-changing habits.

First introduced in 2022 and refined annually by the company's Nutrition Education team, this series is a dynamic opportunity to embark on a journey toward vibrant, optimal health in just 21 days. Classes are also available online for Spanish-speaking customers.

Natural Grocers' Nutritional Health Coaches are nutrition professionals within the store, equipped with the training and tools to help customers reach their health goals.

"Our 21 Days to a Healthier You series is all about empowering individuals to take charge of their health with simple, actionable steps," said Raquel Isely, vice president of marketing at Natural Grocers. "From learning how to eat in a way that nourishes both your body and the planet, to breaking free from sugar cravings, to detoxifying your life and home, this series provides practical tools and inspiring challenges that make a healthier lifestyle not only attainable but exciting. It's a chance for participants to create lasting, positive change in just 21 days."

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