

Free Class!

CREATING A HEALTHY HOME

Presented by: Cheryl O'Dell, MSN

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation. Did you know that there are a lot of other toxic compounds found in your home, like constant exposure to electromagnetic frequencies, that may be damaging to your health? Get all the tips and tricks on creating a healthy home environment. Recipes will be provided and we will make a product to take away as well.



Class brought to you through partnership between library and Natural Grocers' Nutritional Health Coach, Cheryl.

Wednesday, March 13 from 3:00pm-4:00pm
Myrtlewood Room



Class Location:
525 Anderson Avenue
Coos Bay, OR 97420



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<http://coosbaylibrary.org>