

Coos Bay Library & Natural Grocers present

AFFORDABLE FOOD & NUTRITIONAL EDUCATION



NATURAL GROCERS

Presented by: Cheryl O'Dell, MSN

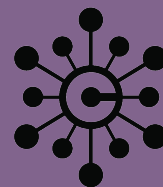
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Natural Grocers' Nutritional Health Coach, Cheryl, will share opportunities to increase food security and food literacy, access affordable, healthy food and take advantage of Natural Grocers' free educational opportunities such as free classes and 1-on-1 health coaching. Cheryl will go over how to access classes, sign up for coaching, and how {N}power members can save on Meal Deals for the family.

Wednesday, August 4
3:00pm-3:45pm

Join us on Zoom for this FREE event.
Register @ <https://is.gd/XnWXvJ>



COOS BAY
PUBLIC LIBRARY

(541) 269-1101

<http://www.coosbaylibrary.org>