



# HEALTH BY CHOCOLATE!



PRESENTED BY: CHERYL O'DELL, MSN

Hooray! Chocolate can actually be good for us. Learn how to use quality chocolate to enhance your food...and your health. Discover the health benefits of chocolate or "food of the gods."

**INDULGE  
& BE  
WELL!**

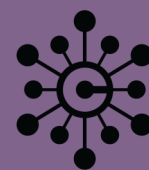


**Attend to  
receive \$5 off  
from Natural  
Grocers!**

*Virtual class brought to you through partnership between Coos Bay Library & Natural Grocers' Nutritional Health Coach, Cheryl.*

**Register for this FREE Zoom class @ <https://bit.ly/3E1eoiE>**

**Thursday, January 27  
12:00pm-1:00pm**



**COOS BAY  
PUBLIC LIBRARY**  
(541) 269-1101

<http://www.coosbaylibrary.org>