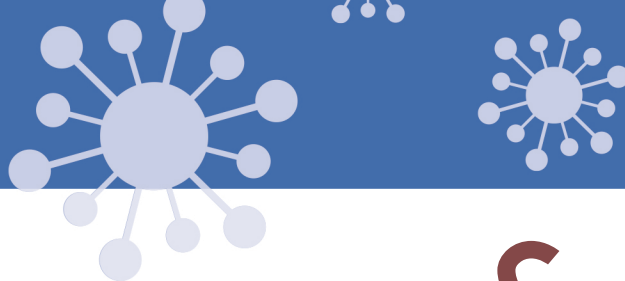


Free Class!



BUILDING HEALTHY & DELICIOUS MEALS

Presented by: Cheryl O'Dell, MSN



Let's get back to the basics!
Discover the importance of getting off the blood sugar roller coaster using high-quality proteins, fats, and carbohydrates to build healthy & delicious meals. Together we'll make meal planning easy!

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

Wednesday, October 23 from 6:00pm-7:00pm
Myrtlewood Room

MEAL PLANNING IDEAS WILL BE PROVIDED! NO REGISTRATION REQUIRED!



Class Location:
525 Anderson Avenue
Coos Bay, OR 97420



(541) 269-1101
<http://coosbaylibrary.org>