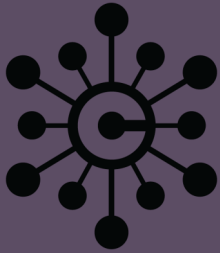


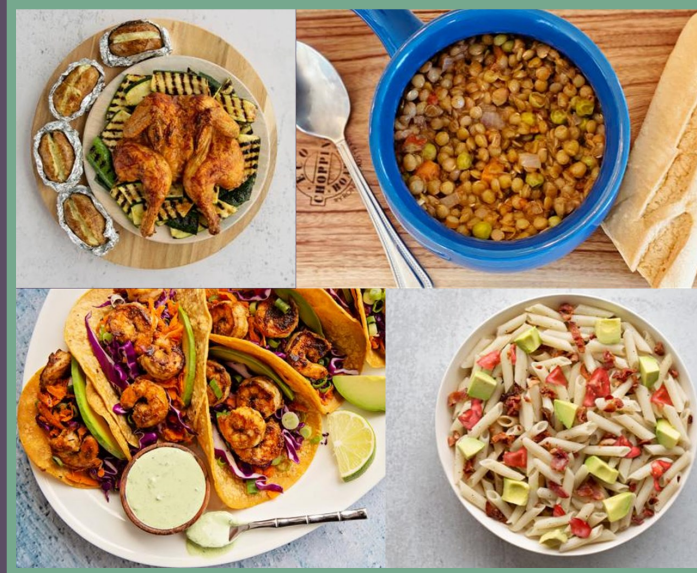
BUILDING HEALTHY MEALS ON A BUDGET

PRESENTED BY: CHERYL O'DELL, MSN

Let's get back to
the basics!



We'll make meal
planning easy!



Attend to receive
\$5 off from
Natural Grocers!



Always Affordable!

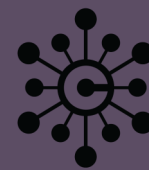
Class brought to you through partnership between Coos Bay Library & Natural Grocers' Nutritional Health Coach, Cheryl.

Get off the blood sugar roller coaster, use high-quality proteins, fats, and carbohydrates to build healthy, delicious meals. Support your optimal health—without breaking the bank! Learn tips and tools for staying on track, using Natural Grocers' Menu Planner, Shopping & Pantry List, Healthy Meal Wheel, and more!

Wednesday, August 25

12:00pm-1:00pm

Join us on Zoom for this FREE class! Register @ <https://is.gd/gpEMWe>



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