

Free Class!

# FOODS FOR FITNESS

Presented by: Cheryl O'Dell, MSN



Ever wonder why some foods help you go the extra mile, while others seem to hold you back? Learn which foods best support your active body and discover new recipes to help you fuel up before, during and after exercise. We will sample a beverage to support a healthy fitness routine.

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

**Wednesday, May 29 from 3:00pm-4:00pm**  
Myrtlewood Room

**NO REGISTRATION REQUIRED!**



Class Location:  
525 Anderson Avenue  
Coos Bay, OR 97420



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