

Free Class!

FERMENTED FOODS FOR OPTIMAL HEALTH

Presented by: Cheryl O'Dell, MSN

Add some life to your plate and join us to sample and learn about the variety of living cultured foods that are available – from yogurt and kefir to kimchi and kombucha. Eating fermented, probiotic-rich foods keeps your gut—and YOU—healthy. For thousands of years, humans have relied on these superfoods for overall health, but today our diet is often lacking in them.



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

Wednesday, November 7 from 3:00pm-4:00pm



Class Location:

525 Anderson Ave, Coos Bay OR 97420

541-269-1101 • coosbaylibrary.org

