

Free Class!

GET SPIRALIZED & SATISFIED

Presented by: Cheryl O'Dell, MSN

Want to eat more vegetables? Don't know where to start? Going grain-free but miss your favorite pasta dishes? Find out how to stay satisfied using a spiralizer to eat more vegetables and replace less nutritious grains with more nutrient-dense vegetable "noodles" in your favorite dishes. Attendees will have a chance to see an actual spiralizer in action and sample some spiralized apples.



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

Wednesday, March 27 from 3:00pm-4:00pm
Myrtlewood Room

Wanna try it? Check out the library's Spiralizer!
(Ask about our Library of Things at the front Desk)



Class Location:
525 Anderson Avenue
Coos Bay, OR 97420



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