OSU EXTENSION SERVICE | Family and Community Health

FIBER for HEART HEALTH

Lower cholesterol, blood pressure and risk of heart attack and stroke with fiber from whole foods.

Monday, February 10 12:30-1:30 p.m.

Coquille SDA Fellowship Hall 1051 N Cedar Pt Road, Coquille



Presented by Stephanie Polizzi, MPH, RDN Associate Professor of Practice College of Health

Oregon State University Extension Family and Community Health

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> Free! Registration not required. **Come at noon** for a plant-based potluck and learn while you dine!

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