



# **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**

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541-572-5263 ext 25291

Free! Registration not required.

***Come at noon for a plant-based  
potluck and learn while you dine!***