




**Heart Health
Nutrition
Series**

 **Feb 5**
Lower Cholesterol

 **Feb 12**
Lower Blood Pressure

 **Feb 19**
Heal with Nitric Oxide

 **Feb 26**
Fiber for Heart Health

*4 Different classes to help you
prevent or reverse heart disease
with whole plant foods.*

**Wednesdays
in February**
Noon-1 p.m.

Bandon Public Library
1204 11th St SW, Bandon, OR
541-347-3221

Presented by

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Free! Registration not required.