## OSU EXTENSION SERVICE | Family and Community 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

## 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.





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