



Food For Life

KICKSTART

Kickstart healthy eating with this **FREE** 5-week program!

This award-winning nutrition education and cooking program provides an innovative approach to diet-related chronic diseases. Classes are taught by Dr. Emly Sheahan, Medical Director of Community Health, and will include a cooking class, cooking tips, and food samples.



March 11th - April 8th

Wednesdays, 5:00 - 7:00 pm

Joseph Clinic

**Course is FREE to
the community!**

**For more information and to register, please contact
WMH @ (541)426-5301**



Wallowa Memorial Hospital
We Treat You Like Family