

Food For Life

BRAIN HEALTH & NUTRITION ESSENTIALS

This 5-week award-winning nutrition education and cooking program provides an innovative approach to diet-related chronic diseases. This course will focus on brain health and nutrition essentials. Classes are taught by Dr. Emily Sheahan, Medical Director of Community Health, and will include a cooking class, cooking tips, and food samples.



April 29th - May 27th

Wednesdays, 5:00 - 7:00 pm

Joseph Clinic

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



Wallowa Memorial Hospital

We Treat You Like Family