

Food For Life

DIABETES PREVENTION & TREATMENT

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



**October 6th - November 3rd
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