

UC-VEG & UCHC

Present...

“Cooking Healthy on a Budget”



***Healthy eating made
Affordable, Enjoyable & Easy!***

Monday, April 6th 5:30 PM – 8:00PM

Free Nutrition & Cooking Class | RSVP in Advance

Umpqua Community Health Center

123 Ponderosa Dr | Sutherlin

***Nutrition Essentials...
Practical Tips...
Great Recipes...***



To **RSVP** or for **More Info** contact:

Cindy Noroña | 541-672-9596 x430 | cnorona@umpquachc.org

UC-VEG
Umpqua Community
Veg Education Group



**UMPQUA
COMMUNITY**
HEALTH CENTER

