



FREE COURSE – SIGN UP TODAY

**LOCATION: IRVING GRANGE @ 1011
IRVINGTON DR EUGENE, OR 97404**

LIFESTYLE & NUTRITION COURSE

You are invited to join a free in-person class designed to educate you about the power of food, and other healthy lifestyle changes to improve, prevent, and potentially reverse many chronic diseases.

Heart Disease
Diabetes
Weight Loss

**DATES AND TIMES CAN BE
FOUND ON OUR SITE BELOW**

LEARN ABOUT NUTRITION AND LIFESTYLE MEDICINE:

- Nutrition
- Movement
- Avoid Risky Substances
- Healthy Relationships
- Stress Reduction
- Sleep

REGISTER HERE

OR

ONLINE



EugenePlantBasedProviders.com

