

Heart-Healthy Nutrition Class

When: First Wednesday of the Month

Time: 11:00 to 12:pm

Where: NEW – CMHS Wellness & Fitness Center, 2723 East Main st

Given by: Heather Gilliam, Registered Dietitian

RSVP: (805) 667-2818 at HEALTHaware office

Cost: Complimentary to Community members



HEALTHaware™



Community Memorial Health System

Rev 1/29/18AR