

Lifestyle & Nutrition Course



Join us at
LOWER UMPQUA HOSPITAL
for this 13-week course
Starting Thus Aug 29th, 5:30pm
LUH main conference room

REGISTER
HERE



541-378-6359

UCVEG.org

StayFresh@UCVEG.org

Prevent & Reverse

- Diabetes
- Heart Disease
- Obesity
- Cancer
- Alzheimer's
- Other Chronic Illnesses



UCVEG
umpqua community veg education group



LOWER UMPQUA
HOSPITAL DISTRICT

Thrive Umpqua



Free Course Sign Up Today

**Take the next step to a
happier, healthier life!**