

**FREE
EVENT!**

A HEALTH EDUCATION SERIES

Featuring Guest Presenter:

Mackenzie Femreite, Nutrition Advisor

University of Idaho Extension Eat Smart Idaho

Topic:

“THE BENEFITS OF WHOLE GRAIN FROM SCRATCH”



September 5, 2013

6:00 p.m.



Snake River Community Clinic



215 10th Street, Lewiston

According to the Centers for Disease Control and Prevention: Eat more fiber by eating more whole-grain foods. Whole grains can be found in breakfast cereals made with 100% whole grains; oatmeal, whole grain rice, whole-wheat bread, bagels, pita bread and tortillas. <http://www.cdc.gov>



Public Health
Idaho North Central District

For more information, contact Deb Merica at Public Health - Idaho North Central District (208) 799-0379. www.idahopublichealth.com