

# A HEALTH EDUCATION SERIES

# FREE EVENT!

*Featuring Guest Presenter:*

**Julie Kenkel, M.Sc.**

Eat Smart Idaho Nutrition Advisor, Nez Perce County Extension



*Topic:*

**WHOLE GRAINS**  
**“MAKE HALF**  
**YOUR**  
**GRAINS WHOLE”**

**March 27, 2014**

**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

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[www.idahopublichealth.com](http://www.idahopublichealth.com)