NUTRITION AND COOKING CLASSES

- nutrition information
- supportive group setting
- healthy meal ideas

Midcoast Medicine
5 Mountain Street, Camden, ME 04843
207-236-2169
5:30-7:00 PM

Wednesday, Sept. 7
Kickstart Your Health (Weight & Diabetes)

Wednesday, Sept. 14
Let’s Go! (Begin Kickstart, Label Reading)

Wednesday, Sept. 21
Getting in Gear (Reinforcing Plant-based Diet, Low-fat, Tasting Nondairy Milks)

Wednesday, Sept. 28
Weight Loss

Join Food for Life Instructor
MiMi McGee
912-230-2829
mcgee.mimi@gmail.com
Register
call Midcoast Medicine at 207-236-2169

www.fflclasses.org

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c) 3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.