



NUTRITION AND COOKING CLASSES

\$95 for this 4-class series
\$25 each for a single class

- 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

Midcoast Medicine and Wellness
A Lifestyle Approach

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.

www.fflclasses.org

for Responsible Medicine

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