

NUTRITION FOR HEALTHY PREGNANCY WITH ISLAND HEALTH

Learn essential tips for ensuring proper nutrition during each stage of your pregnancy, from conception to the first post-partum meal. Join a registered dietitian for this free, online event on **Tuesday, May 24**, from **10 - 10:45 am**. Registration is required; visit <http://www.islandhealth.org/classes> or call **360-299-4204**.

NUTRITION & EXERCISE FOR OSTEOPOROSIS CLASS

Dietary habits play an important role in your risk of developing osteoporosis. Join Amber Phillips, MS, RD and Allison Blackwell, PT, DPT to learn what types of exercises are most beneficial for your bones and how your diet can play a role. **Wednesday, June 1, 11 am**. Call **360-299-4204** or register online at www.islandhealth.org/classes.

ONLINE CHOLESTEROL CLASS

Join Registered Dietitian Amber Phillips for an informative 30-minute talk on small changes you can make to your diet beyond the standard advice to reduce saturated fat and cholesterol intake. This will be a virtual class, held on **Wednesday, June 8**, from **2:30 – 3 pm**. Call **360-299-4204** to register.

CAR & BOOSTER SEAT CLINIC

Safe Kids Northwest is hosting a free car seat clinic on **Thursday, June 9** from **3 – 5 pm**. Learn how to properly install and use your car or booster seat. Located in the 24th Street parking lot of Island Health, Anacortes. Face masks are required (children under two exempt) and vehicles limited to four family members. Appointments are required; email **CarSeatsNW@gmail.com** to schedule.

CHILDBIRTH EDUCATION SERIES OFFERED ONLINE

Island Health is offering a four-week online series designed to prepare parents-to-be for the arrival of their new baby. Classes are **Tuesdays** from **6:30 – 9 pm** starting **July 5** and are taught by Teri Shilling, MS, LCCE, CD(DONA), IBCLC. Cost is \$95 and is covered by Apple Health. Registration is required; call **360-299-4204** or islandhealth.org/classes. This class is limited to 10 couples.