

## OFFERINGS FROM ISLAND HEALTH

### **Island Health hosts end-of-life paperwork class**

What documents should you have prepared for end-of-life? Join an end-of-life expert from Hospice of the Northwest to learn more about POLST, Advanced Directives, and HCDPOA forms. This free online class takes place on **Tuesday, October 4 at 10:30 am**. Registration required, [islandhealth.org/classes](http://islandhealth.org/classes) or call **360-299-4204**.

### **Breastfeeding Matters with Island Health**

Learn about a variety of breastfeeding topics during this online class on **Wednesday, October 5 from 12 to 1 pm**. This class is available to pregnant and postpartum women and their babies. Visit [islandhealth.org/classes](http://islandhealth.org/classes) or call **360-299-4204** to register.

### **Island Health offers online Mediterranean nutrition class**

The Mediterranean diet has been shown to support healthier blood pressure, cholesterol, and body weight. Join Registered Dietitian Amber Phillips for an overview of this exciting eating style and practical tips for making it work for you! This online class takes place **Wednesday, October 5 at 2:30 pm**. Call **360-299-4204** or register online at [www.islandhealth.org/classes](http://www.islandhealth.org/classes).