

Island Health offers Living Well with COPD class

Join Respiratory Therapist Sarah Edwards for an informative conversation on COPD. Learn how COPD affects the pulmonary arteries and other organs, as well as common treatments. This free, online class takes place on **Tuesday, November 15 at 1 pm**. Registration required. Please register online at islandhealth.org/classes or call **360-299-4204**.

Island Health offers class on healthy eating habits for the holidays

The holidays can be a difficult time of year to find healthy eating options. Be proactive with your health by learning strategies to navigate holiday eating with an Island Health Registered Dietitian. Healthy Eating Habits for the Holidays is a free, virtual event taking place on **Thursday, November at 10 am**. Call **360-299-4204** or visit www.islandhospital.org/classes to register.