

LIVING WELL WITH COPD CLASS

Join Respiratory Therapist Sarah Edwards for an informative conversation on COPD. Edwards will discuss how COPD affects the pulmonary arteries and other organs, as well as common treatments of COPD. This free, online class takes place on **Tuesday, June 14 at 1 pm**. Registration required. Please register online at islandhealth.org/classes or call **360-299-4204**.

CLASSES FOR NEW OR EXPECTING GRANDPARENTS

If you are a grandparent to young children or an expecting grandparent, join Childbirth Educator Teri Shilling on **Thursday, June 16 at 12 pm**. Learn what has changed and what has stayed the same in childbirth, infant care, and early development. Car seat safety will be addressed. This free class is offered online, and registration is required. Call **360-299-4204** or visit islandhealth.org/classes to register.

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! **Thursday, June 23, 10 am**. Call **360-299-4204** or register online at www.islandhealth.org/classes.

SWALLOW SCREENING (ANACORTES)

Determine if you might have a swallowing disorder at a free screening on **Tuesday, June 28**, from **1:30 - 3:30 pm** at Island Physical, Occupational and Speech Therapy at our 25th Street Building, **1015 25th St., Anacortes**. Appointments are required. Visit www.islandhospital.org/classes or call **360-299-4204**.

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.