

ISLAND HEALTH OFFERS FREE IMPROVING MEMORY CLASS

Join Island Health speech-language pathologist Libby Lewis, MA, MEd CCC-SLP, to learn strategies and activities to improve your memory and keep your mind sharp.

Wednesday, May 18, from **10:30 – 11:15 am**. This is a free, online class. Register here: www.islandhealth.org/classes or call **360-299-4204**.

LIVING BETTER WITH DIABETES HOSTED BY ISLAND HEALTH

Join Registered Dietitian and Certified Diabetes Care and Education Specialist Amanda Lungren in a discussion on healthy eating, being active, and reducing risks to help manage diabetes on **Thursday, May 19** at **10:30 am**. This is a free, online class. Registration required. Call **360-299-4204** or register online at

islandhealth.org/classes.

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

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.

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 – 9:00 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.