## Understanding Fod As Medicine

## How to Use Nutrition to Prevent and Heal Painful Conditions

A Practical Presentation
Thursday 11/16/23
2:30 - 3:30 PM
Golden Sands
21608 O Lane, Ocean Park WA



Brought to you by: Andy Lakanen, MS, RDN, CD, CDCES (and former Rat Cosmotologist)



To join us, call (360) 642 - 6308