

ANCIENT GRAINS

Discover how to reap the benefits of ancient grains such as amaranth, buckwheat, millet, quinoa and teff.

**Monday,
August 12
6:30-7:30 p.m.**

Coquille SDA Fellowship Hall
1051 N Cedar Pt Road, Coquille



Presented by
Stephanie Polizzi, MPH, RDN
Associate Professor of Practice
Family and Community Health
OSU Extension Services and
OSU College of Health

Stephanie.Polizzi@oregonstate.edu
541-572-5263 ext 25291

Free! Registration not required.
*Come at 6 pm for a plant-based
potluck and learn while you dine!*

OSU Extension service prohibits discrimination in all its programs, services, activities and materials. This publication will be made available in all accessible alternative format upon request. Please contact Shawna.Horner@oregonstate.edu. Event accommodations for disabilities may be made by contacting 541-572-5263 or Shawna.Horner@oregonstate.edu.