



MID COAST *Center for*
Community Health & Wellness

Health Within Reach

EDUCATION SERIES



A Focus on **Anti-Inflammatory Foods**

Stephanie J. Grohs, MD *and*
Melissa J. Streeter, MD

*of MID COAST MEDICAL GROUP
Women's Health Care*

Drs. Streeter and Grohs will prepare
anti-inflammatory foods to improve
your health and wellbeing.

Wednesday, November 28 at 5:30 p.m.
in the Teaching Kitchen

Community Health & Wellness

MID COAST HOSPITAL Parkview Campus
329 Maine Street—SOUTH ENTRANCE
Brunswick, Maine 04011

Photos by Jeff Morris of The Pierce Studio, Brunswick

*Health Within Reach is an ongoing series of FREE talks, classes,
demonstrations, and healthy lifestyle options offered by*

MID COAST Center for *Community Health & Wellness*

www.midcoasthealth.com/wellness