**FAST, HEALTHY COOKING THE FOCUS OF FREE CLASS
AT WESTERN SIERRA MEDICAL CLINIC**

**Local nutritionist and obesity prevention expert leads one-hour class on May 20 as part of
Weight Loss Support Group Program**

GRASS VALLEY – Quick and easy meals can also be healthy and nutritious – and are critical to
a successful weight-loss program.

A free class will share cooking tips to create simple and tasty dishes 4 p.m. Wednesday, May 20,
at Western Sierra Medical Clinic, 844 Old Tunnel Road in Grass Valley.

Wendy Van Wagner, community nutrition educator of Nutrition Education and Obesity
Prevention for the Nevada County Health Department, will detail how to curb time and cut
calories in the kitchen during the Weight Loss Support Group Class.

The one-hour class is in the community room at Western Sierra. Seating is limited and interested
participants should contact Tami Sabine at 530-274-9762, ext. 132 to register.

"I emphasize increasing consumption of fresh fruit and vegetables as well as whole grains and
lean proteins," said Van Wagener, who has taught classes at Family Resource Centers,
Hospitality House, Interfaith Food Ministry and many other groups in the region. "Our classes
are both informative and hands-on, so participants can leave feeling empowered to create simple,
healthy and tasty dishes that will help to improve their health.

Van Wagener's appearance is part of the ongoing Weight Loss Support Group Class at Western
Sierra. The classes are 4 p.m. every Wednesday. Participants can attend, skip or start the classes
at any time.

The weekly group provides emotional and education support for those wanting to lose weight. A
psychologist and dietitian cover the emotional aspects of obesity and give practical tools for
reducing weight during the ongoing classes.

"It's critical that participants learn how to make fast and healthy dishes, which is always a
challenge for everyone, regardless of your weight," said Danielle Yantis, a nutritionist with
Western Sierra and who oversees the Weight Loss Support Group Class. "But it's just as
important, maybe even more so, to have the support of a group."

About Western Sierra Medical Clinic

Western Sierra Medical Clinic provides comprehensive medical, dental and behavioral health
care in Nevada, Sierra and Yuba counties. Founded in 1975, Western Sierra emphasizes
preventive care, education and empowering patients to make informed decisions. Western Sierra
provides services for the HMO and private markets, and to low-income and senior citizens.
Western Sierra is the largest outpatient health care provider in Nevada County, where a new full

service health center will meet growing demands in the community. You can learn more about Western Sierra Medical Clinic at www.wsmcmed.org and on Facebook at www.Facebook.com/WesternSierraMedicalClinic.