

FOOD



Franz Bakery introduces a new bread with no carbs, no added sugar and is high in fiber.

New Low Carb Bread

Franz Bakery is ringing in the New Year by introducing a new bread with no carbs, no added sugar and is high in fiber. The northwest's family-owned baking company's new KETO white bread is building upon the resurgence of low-carb dieting and a growing demand for healthy low-carb baked goods.

At only 40 calories per slice - it's ideal for individuals on a keto or low-carb diet. Gone are the days of having limited options for making an excellent sandwich with low carbs. Now, there's an excellent option available from Franz.

TRIBUTE 2020

MLK

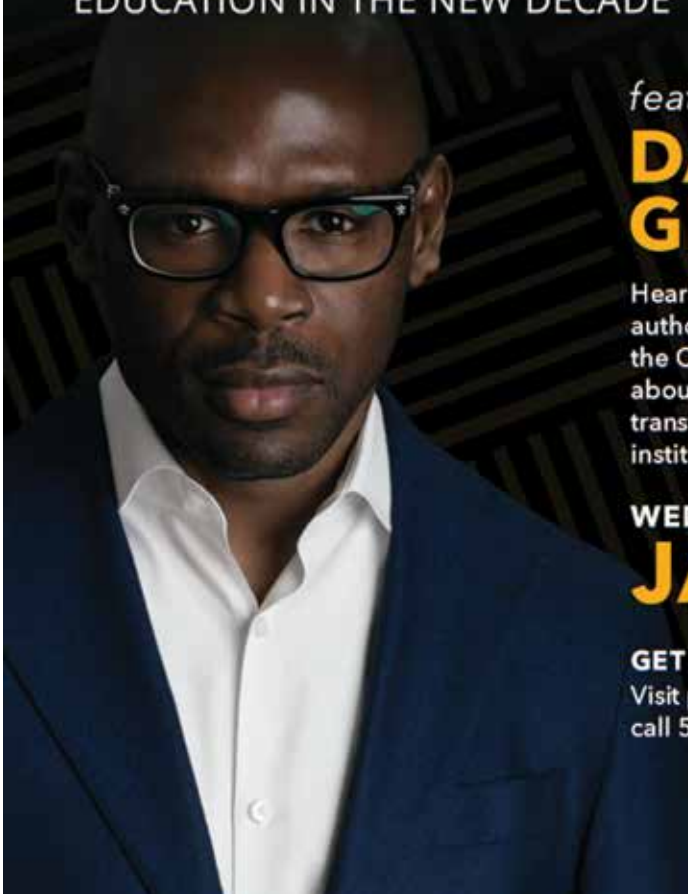

LIVING THE LEGACY: ACTIVISM THROUGH EDUCATION IN THE NEW DECADE

featuring **DAYMOND GLENN**

Hear Dr. Daymond Glenn -- scholar, author, and founder and president of the Cultural Soul Project church -- speak about reimagining diversity work to transform systems, structures, and institutional culture.

WEDNESDAY | 7:00 PM
JAN. 22

GET YOUR **FREE** TICKET
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Embracing diversity, improving health

We believe people are defined by their everyday actions. That our stories and impact on the world are shaped by what we choose to do repeatedly, day after day. That's why we're here. Making life better for our patients, our community, and each other is more than just our purpose, and it's more than just our passion. It's our legacy. If you see yourself in our values, we want to hear from you. Visit us at legacyhealth.org/careers.

Our legacy is yours.

