



**North Star  
HEALTH**

**Springfield Family Center and North Star Health  
continue their partnership to advance nutritional  
guidance and education about using  
"FOOD AS MEDICINE"**

**Join Us For Vegetable Chili Over Brown Rice**

**WHEN: Thursday, November 30th**

**WHERE: The Great Hall Located in the  
Springfield Medical Care Building  
100 River Street Springfield, VT**

**TIME: 11:30AM-12:30PM (while supplies last)**

**This program addresses health for individuals needing to make specific dietary changes to improve chronic health conditions or for those who simply wish to make modest changes towards a healthier lifestyle. We hope to see you there!**