FOOD FOR LIFE
Diabetes Initiative

PhysiciansCommittee for Responsible Medicine

'**Taste and see**' the power of nutrition—join us this Tuesday at the Allendale County Hospital cafeteria in Fairfax,

Introduction to How Foods Fight Diabetes
Tuesday 11/3, 5:15pm to 6:30pm

The Power of Your Plate and Grocery Cart
Tuesday 11/10, 5:15pm to 6:30pm

Understanding Type 2 Diabetes
Tuesday 11/17, 5:15pm to 6:30pm

Designing a Diet for Maximum Weight Control
Tuesday 11/24, 5:15pm to 6:30pm

These free **Food for Life** series classes are hosted with love by **The Good Fruit Foundation**, Tuesdays at 5:15pm in the **Allendale County Hospital** cafeteria. This material is not a substitute for professional medical advice. See you soon!

FOOD FOR LIFE INSTITUTION

abundancefoodrx.com | mygoodness.health

FOOD IS MEDICINE

because you are loved!

At **Allendale County Hospital**, Pharmacy and Clinics, we understand that health and healing extend beyond just medical care; they also include the nourishment we take in and the connections we cultivate within our communities. That's why we're excited to introduce the PCRM **Food for Life** series as part of our **Abundance FoodRx** "**Food is Medicine**" program led by The Good Fruit Foundation.

Food is Medicine is designed to support you—our staff, patients, and **all in our community**—with access to nutritious foods and resources that can elevate pathways in sustainable, whole-person wellness.

Our dedication in **Food is Medicine** rests in building a strong, empowered community—one that celebrates you, and the joys of savoring healthy lifestyle choices together in whole-person health. Thank you for allowing us to walk alongside you in your health journey with **Abundance FoodRx**.

abundancefoodrx.com | (803) 632-3311 ext. 214 | info@abundancefoodrx.com