



taste and see all that is good | Psalm 34:8



Full Plate Living

Easy to Understand and Fun to Follow

With **Full Plate Living**, there are no forbidden foods, no points to count, and no guilt or shame. Once you start eating enough fiber – from a long list of foods we often already love – everything else can fall into place. It turns out **healthy eating is easy when you know what to focus on**. Who knew? :)

Backed By Science; Recommended by Doctors | Customized Classes begin on Tuesdays in the Hospital Cafeteria



Beginning **Tuesday, May 19th**, and led by local **Full Plate Living** facilitators, together we'll learn how Full Plate Living's healthy eating system **works** and how you can use it to accomplish specific health goals such as **weight loss** and **blood sugar management**.

- **Tuesdays at 4pm** - dedicated, fully elective for Care Teams and all Allendale County Hospital Health System Staff
- **Tuesdays at 5:30pm** - open classes; **free/no cost** to the community, patients, health system staff, friends & family; **open to all** so spread the word and share in your networks!