



FOOD FOR LIFE

Healthy Basics

PhysiciansCommittee
for Responsible Medicine

TOGETHER,

we're learning the power of nutrition for **disease prevention, management, and survival**—'because you are loved!'

The Power of Your Plate

Tuesday 8/4 at 5:30pm

How Foods Fight Diabetes

Tuesday 8/11 at 5:30pm

Foods for a Healthy Weight

Tuesday 8/18 at 5:30pm

How Foods Fight Heart Disease

Tuesday 8/25 at 5:30pm

These free **Food for Life** series classes are hosted with love by **The Good Fruit Foundation**, Tuesdays at 5:30pm in the **Allendale County Hospital** cafeteria, 1787 Allendale-Fairfax Highway in Fairfax, SC. See you soon!



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 community. That's why we're excited to introduce healthy lifestyle choices as part of our **"Food is Medicine"** program.

Food is Medicine is designed to support you—our valued patients, staff, and visitors—with access to nutritious foods and resources that can elevate pathways in sustainable wellness.

Our dedication in **Food is Medicine** rests in building a strong, healthy community; one that respects you, your well-being, and the joys of savoring healthy local choices together. Thank you for allowing us the privilege to accompany you on your health journey through **Food is Medicine** and **Abundance FoodRx**.