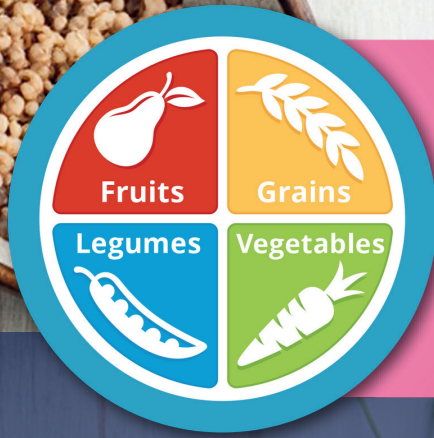




FOOD FOR LIFE

Let's Beat Breast Cancer

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 Cancer

Tuesday 10/6, 5:15pm to 6:30pm

Fueling Up On Low-Fat, High-Fiber Foods

Tuesday 10/13, 5:15pm to 6:30pm

Discovering Healthful Alternatives to Enjoy

Tuesday 10/20, 5:15pm to 6:30pm

Cancer-Fighting Compounds and Healthy Weight Control

Tuesday 10/27, 5:15pm to 6:30pm

October is
National
Breast Cancer
Awareness
Month



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 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 health wellness. Thank you for allowing us this moment to walk alongside you in your health journey with **Abundance FoodRx**.