



Food is Medicine

Caring for your body is about more than staying physically fit, it's also about watching what you eat. Eating healthier food can help reduce your risk of chronic diseases. Come out to learn more about the benefits of eating healthy with Affinia Healthcare.

Please register in advance as space is limited.

Attendance Perks

- ✓ Health screenings
- ✓ Cooking demonstrations
- ✓ One recipe-ready food bag
- ✓ Learn the benefits of gardening
- ✓ \$25 Schnucks gift card
(while supplies last)



Wednesdays

Sept. 9, Oct. 14, and Nov. 11



11:30 a.m. to 12:30 p.m.



Affinia Healthcare
4414 N. Florissant
St. Louis, 63107

To register in advance, please call or email

RSVP to 314-814-8651 or email, communitysupport@affiniahealthcare.org



www.affiniahealthcare.org

