

October Community Nutrition Offerings

Cost: *Free, unless cost is specified* | **Registration required.** | Call [260-266-6500](tel:260-266-6500)

Center for Healthy Living Hours: Monday-Thursday 8 a.m. – 4:30 p.m.

Powered by Plants - Hybrid

Thursday, Oct. 10, 5:30 – 6:30 p.m.

Parkview Center for Healthy Living, Woodland Plaza

Multipurpose Room 1

1234 E Dupont Rd, Fort Wayne, IN

A virtual option is also available

Join Kristin Gerhardstein, MD, Parkview Physicians Group – Family Medicine, and Kathy Wehrle, RDN, DipACLM, community outreach dietitian, Parkview Health, as they lead the conversation on how to succeed with a plant-based diet. Registration is required as there is an in-person or virtual option for this class. Once registered for the virtual option, a link will be sent to you via email.

Call [260-266-6500](tel:260-266-6500) to register.

Lifestyle Medicine 101: Nutrition – a virtual, self-paced workshop

Need some inspiration to reboot your health? Lifestyle medicine is the fastest growing subspecialty in medicine that can help you prevent, halt and reverse many chronic diseases. This workshop is led by Lydia Hall, RDN, LD, community outreach dietitian, Parkview Center for Healthy Living. Lifestyle Medicine 101 focuses on one of the most important pillars of health: nutrition. Lydia will lead you through the evidence of nutrition and health, then guide you on practical ways to transition to a predominantly whole food plant-based eating style.

For assistance with registration, email Lydia at lydia.hall@parkview.com.

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