

# July 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.

## Lunch with Lydia – Parkview Regional Medical Center

**Tuesday, July 9, 11:30 a.m. – 12:30 p.m.**

**Parkview Regional Medical Center**

**11109 Parkview Plaza Dr, Entrance 1, Fort Wayne, IN**

Join Lydia Hall, RDN, LD, community outreach dietitian, Parkview Center for Healthy Living at lunchtime at the Parkview Regional Medical Center cafeteria. Bring a nutritional question or two, learn about the mindful menu, pick up nutritional education materials and discover all that Parkview community outreach dietitians are doing in and around the communities Parkview serves! **Registration is not required.**

## ABCs of Diabetes

**Tuesday, July 9, 5:30 – 6:30 p.m.**

**Parkview Center for Healthy Living, Woodland Plaza**

**1234 E Dupont Rd, Fort Wayne, IN**

Diabetes can increase your risk of developing heart disease, kidney disease and more. Being aware of and controlling your ABCs (A1C, blood pressure, cholesterol and smoking cessation) can help to prevent these complications. Nutrition plays a vital role in the ABCs of diabetes. Join Lydia Conner, RDN, LD, community outreach dietitian, Parkview Center for Healthy Living, to learn practical ways to manage your ABCs of Diabetes. **Call [260-266-6500](tel:260-266-6500) to register.**

## Farmer's Market: HEAL Farm Markets

**Tuesdays from July 11 - September 12, 4 – 6 p.m.**

**Parkview Community Greenhouse & Learning Kitchen**

**1716 Beacon St, Fort Wayne, IN**

Are you looking to purchase locally grown produce? Do you want to try new fruits and vegetables this summer? Check out the HEAL Farm Markets, where the Parkview Greenhouse and other growers sell low-cost produce. Meet growers and talk to a dietitian to learn about the farm to fork process. HEAL Farm Markets accept cash, card, SNAP, WIC and Senior Farm Market vouchers. You'll also learn about the Double Up program, which will double, up to \$20 of SNAP and Farm Market vouchers to spend on fruits and vegetables.

**Cost: Attendance and parking is free. Produce prices vary. Registration is not required.**

follow us on



**PARKVIEW**  
CENTER FOR HEALTHY LIVING