

November 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 at Pontiac Street Market

Wednesday, Nov. 13, 11:30 a.m. – 12:30 p.m.

Pontiac Street Market

918 Pontiac St, Fort Wayne, IN

Join Lydia Hall, RDN, LD, community outreach dietitian, Parkview Center for Healthy Living, at lunchtime at Pontiac Street Market. Bring a question or two about nutrition, learn about the market, 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. Call 260-266-6500 for more information.

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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