

August 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.

Farmer's Market: HEAL Farm Markets

Tuesdays through 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.

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.

Register at <https://forms.microsoft.com/r/RaQ32MaMRK>.

Lunch with Lydia – Pontiac Street Market

Wednesday, Aug. 14, 11:30 a.m. – 12:30 p.m.

Pontiac Street Market

918 E 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.

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Thursday, Aug. 22, 5:30 – 6:30 p.m.

Parkview Center for Healthy Living, Woodland Plaza

1234 E Dupont Rd, Fort Wayne, IN

a virtual option is also available

Plan to 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.

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