



Food RX: Using Food as Medicine

A Journey toward a Whole Food Plant-Based Lifestyle

Topics Included:

- Power of Your Plate
- Fighting Diabetes
- Healthy Weight
- Heart Disease
- & More



Details: Sessions occur every Thursday from 3:30 - 4:30 p.m.

Location: 2205 McCallie Ave. Chattanooga, TN 37404

Taught By: Crissie Smith, Food for Life Instructor, Nurse

To register contact:

Megan Vermeer, 423.877.3517 or
mvermeer@ymcachattanooga.org



Scan QR Code for
schedule

Our Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.