FOOD is MEDICINE

A ten-week cooking and health education series for people living with, at risk of, or caring for someone with



Chronic Health Conditions

- ✓ Cooking demonstrations and meal kits
- ✓ Education and support
- ✓ Health checks and consultations
- ✓ Access to Jonnycake Market
- ✓ Cookware, health equipment, and gift cards
- ✓ Optional walking support group at noon

Every Tuesday beginning February 27th
10:30am to 12pm · 22 Kersey Road, Peace Dale

Call Kharissa to enroll today at 789-1559
WIC Participants Welcome

Jonnycake Center For Hope | *here to help*

Thundermist HEALTH CENTER

SOUTH COUNTY HEALTH