



Having trouble managing your Diabetes? Ask your doctor about:

FOOD R X

What is it?

- 12 week virtual program
- fresh produce provided weekly, supplied by Shalom Farms
- weekly classes
- cooking demonstrations
- nutrition education
- guest speaker sessions on diabetes management

FREE - no insurance needed

Enrollment:

July 1st-September 14th, 2020

For more information:

804-287-7941

classaroll@bshsi.org



VCU Health™

Dietetic Internship

