

Healthy Eating Can Lead to Healthy Living



Food as Medicine

Over 6 weekly visits we will explore food and our diets as they relate to your individual health issues as well as a general guide to preventing and reversing chronic disease.

Questions We'll Address:

- What should I eat for better health?
- Can food treat my digestive issues?
- What foods are unhealthy and should be avoided?
- Are there foods that help me lose weight?
- What are the best sources of healthy but inexpensive foods?
- I don't cook, can this course be helpful for someone like me?

If you suffer from digestive problems, diabetes, arthritis, heart disease, autoimmune or other chronic illness, or want to eat right to prevent yourself from developing one you can benefit from this group medical visit.

Schedule:

Monday evenings, 6:00 - 8:00 pm
November 11 - December 16, 2019

Dutton Campus
1300 Dutton Avenue

Led By:

Gerry Camarata, MD

How to Join:

Ask your care team for a referral to group visit. Call Laura Martinez at 707-303-3600 ext 3725 with any questions.



All of us. For all of you.
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