

# Full Plate Living

## Virtual Workshops



Take control of your health one meal at a time. In this FREE class series, explore how to add fiber foods to the meals you already eat.

This way of eating can lead to more energy, lower cholesterol, better blood sugar, and weight loss. Adopt eating habits that work for YOU.

For more information, contact Melanie Taylor, MSHS, Community Health Educator, at [mltaylor@carilionclinic.org](mailto:mltaylor@carilionclinic.org).

**Register by Jan. 7. Meeting link will be sent when you register. To sign up, scan the QR code, visit [CarilionClinic.org/Calendar](https://CarilionClinic.org/Calendar) or call 800-422-8482.**

**Attend all 8 sessions!**

Fridays,  
Jan. 9 – Feb. 27  
12 – 1 p.m.

**Virtual**

Hosted through  
Microsoft Teams



[CarilionClinic.org/CHO](https://CarilionClinic.org/CHO)

  
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