



LUNCH SERIES

# Food as Medicine

Nutrition can play a key role in managing chronic conditions and improving overall health.

Join **Reading Hospital** healthcare professionals for Food as Medicine and learn how food can support disease management and long-term wellness, while enjoying a healthy lunch you can recreate at home.

You will also receive practical tips on ingredient selection, portion control, and balanced nutrition, and be given resources to take with you so you can continue eating healthy at home.

**Lunch will be provided. This is a FREE program. Registration is required.**

**Friday, April 24**

11:30 a.m. to 1 p.m.

**Reading Hospital Rehabilitation  
at Wyomissing**

2802 Papermill Road, Wyomissing



Scan the QR code,  
visit [bit.ly/4b7b4F8](https://bit.ly/4b7b4F8),  
or call **484-628-1822**  
to register.

Supported by:



**Reading Hospital  
Foundation**

TOWER HEALTH