



LiveMemorialWell

FARMacy

PROGRAM

Begin your journey to a healthier life!

Memorial Health System's Department of Community Health and Wellness and Lifestyle Medicine have teamed up with our local farmers and community organizations. Together, our goal is to address chronic diseases and risk factors that can be mended with healthy lifestyle changes.

FARMacy is a year-long, in-person program strategically tailored to dramatically improve your overall health through:

- Education in lifestyle change principles
- Healthy cooking classes
- Guided exercise programs
- Fresh, locally grown produce provided throughout the summer

Perks Include:

- Positive and supportive environment with healthcare professionals to help guide you
- Everlasting relationships with your peers
- Access to the tools and resources to make healthy changes

Chronic Conditions and Risk Factors FARMacy can help with:

- Anxiety and depression
- Diabetes
- Prediabetes/elevated blood sugar
- High blood pressure
- High cholesterol
- Overweight and obesity

Program Requirements:

Anyone 18 years of age or older is eligible to enroll in the FARMacy program. Those who apply should be prepared to commit to a journey of healthier habits and lifestyle change. Participants will be fully supported, every step of the way!

For information on class locations, days, and times, or for other general questions, email farmacy@mhsystem.org.