



FAYETTE C.A.R.E.
CLINIC

Full Plate
LIVING



Open Hand
Atlanta



8 WEEKS TO A HEALTHIER, HAPPIER YOU – JOIN NOW!

FREE TO ELIGIBLE PARTICIPANTS: [REGISTER HERE](#)

Topics Covered:

- Preparing Healthy Balanced Meals
- Fiber-rich Foods
- Healthy Grains
- Meal Makeovers
- Diabetes, Hyperlipidemia, Hypertension
- & more.....

**ULTIMATE NUTRITION
AND
LIFESTYLE MODIFICATION
PROGRAM**



Dates: Wednesdays, July 9, 2025 - August 27, 2025

Time: 9 AM - 12 PM

Location: 200 Trilith Pkwy Fayetteville, GA 30215

For More Information Call: 770-719-4620