



FALL 2018

Our Donors Make HEAL Programs Possible



A gift of \$250 funds one week of the Food Pharmacy. We thank the San Francisco-Marín Food Bank and the Marin Community Foundation for their very generous support of this program.

To attend or volunteer at the weekly Food Pharmacy, contact Michaela at 415.339.8813 x125 or mross@marincityclinic.org.

Diane Tarlecki, MCHWC patient and board member, recently cooked a meal on KRON-TV4 using food and recipes from our weekly Food Pharmacy. "It's healthier eating because I live on a limited income, and it gives me a chance to use fresh produce without the cost of a grocery store." [Watch the story online at marincityclinic.org/foodpharmacy.](http://marincityclinic.org/foodpharmacy)

Our Food Pharmacy prescribes fruits and vegetables, rather than pills, as nature's cure to alleviate ailments. It is part of the clinic's free Healthy Eating Active Living (HEAL) programs, which are funded entirely by donors like you.

"Last year, Marin City lost four individuals to heart attacks and stroke, so we launched the Food Pharmacy to help create heart health," said Michaela Moss, Health Educator. "We provide patients with fresh food and connect them to healthy recipes in a fun environment." Diane believes that the Food Pharmacy has benefited her life, improving her health to enjoy her seven grandchildren.

Free HEAL Activities in Marin City

Monday	9-11am	Senior Food Pantry
	10-11am	5k Training Group
Tuesday	9-11am	Art Class
	11am-12pm	Healing Colors
	3-4pm	Food Pharmacy
Wednesday	12-1pm	Community Lunch
	1:30-2:30pm	Sit Fit Chair Yoga
	4-5pm	5k Training Group
Thursday	9-10am	Talk and Walk
	1-2pm	Easy Hike

[More at marincityclinic.org/events](http://marincityclinic.org/events)

