

# Body Connection + Food Smarts



Join us for this FREE wellness workshop series!

- **Body Connection** (30 min): Discover ways to ease discomfort and support better mood and energy by adding simple movements into daily life.
- **Food Smarts** (1 hr): Healthy eating on a budget IS possible! Learn how and grow your confidence in the kitchen. Cooking demos and food samples provided. Take home free produce from Feeding Southwest Virginia.



For more information, contact Alison G. Cronk, Community Health Educator, at [agcronk@carilionclinic.org](mailto:agcronk@carilionclinic.org).

**Attend all 5 sessions!**

Tuesdays,

Oct. 1, 8, 15, 22 and 29  
10 – 11:30 am

**Kaleidoscope -  
The Gathering Place**

2500 Hardy Road  
Hardy, VA 24101

**Register by Sept. 30. Scan the  
QR code, visit  
[CarilionClinic.org/Calendar](http://CarilionClinic.org/Calendar) or  
call 800-422-8482.**



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