

DO YOU WANT TO FEEL BETTER?

YOU HAVE THE POWER TO IMPROVE YOUR HEALTH!

SIGN UP TO PARTICIPATE IN THE LEAD JUMPSTART PROGRAM

See what a difference 21 days can make, and gain the tools to create lasting change.



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IF YOU CHOOSE TO PARTICIPATE IN THE LEAD JUMPSTART PROGRAM, YOU WILL RECEIVE:

- ✓ Simple, easy-to-prepare lunch and dinner meals for 21 days through the convenient use of your SNAP EBT card
- ✓ Info about healthy living and nutrition
- ✓ Support on your journey toward better health
- ✓ Bio-marker testing of cholesterol levels, Hemoglobin A1c, and other important health info, with input from a health care provider



"I have spent most of my life living for today so I could not see the damage that I was doing to my body that would affect me tomorrow! Eating a plant-based diet has helped me control my pain and inflammation better than any pain medication has ever done."

-- Sonia Holycross

For more information contact us at
423-855-8220

In addition to the above benefits, there will be a free screening of the film *PlantPure Nation* near or on the date of the bio-marker testing. Contact us for details.

In association with the organization(s) below, Volunteers in Medicine is participating in the national PlantPure Oasis Jumpstart Program created by the nonprofit, PlantPure Communities (plantpurecommunities.org).

