



# FEAST

FOOD • EDUCATION • ACCESS  
SUPPORT • TOGETHER

## NEW 12-WEEK WELLNESS GROUP!

Attend an Orientation meeting to  
learn more!



Our mission has always been to promote wellness and enrich lives through the power of **healthy foods and human connection**, and we see how important that is **now more than ever**.

Through **F**ood, **E**ducation, **A**ccess and **S**upport, **T**ogether we can create a more nourishing life. In order to increase health and wellness—including healthy life skills, physical and emotional health—FEAST’s programs provide support on three levels:



### EDUCATION

Nutrition discussions, recipe and cooking demonstrations to make healthy eating satisfying, affordable and delicious.

### ACCESS

Free and immediate access to fresh, whole foods in every class.

### SUPPORT

A safe space to explore current eating habits and receive group support to create healthier new beginnings with food.

***Orientations and groups will meet via zoom.***

***Learn more by visiting [www.communityactionatwork.org](http://www.communityactionatwork.org)  
Or contact Sheila Stratton at  
[sstratton@communityactionatwork.org](mailto:sstratton@communityactionatwork.org)***