

Triad Adult & Pediatric Medicine Presents

RSVP HERE 

FOOD IS MEDICINE

MOVEMENT IS THERAPY



COMMUNITY TOWN HALL MEETING

JOIN US TO LEARN ABOUT AN EXCITING NEW HEALTH PROGRAM

Discover simple ways to improve your health through:

-  Healthy eating habits
-  Easy and affordable cooking tips
-  Managing chronic conditions like diabetes and high blood pressure
-  Growing fruits and vegetables at home
-  Physical activity and movement for better health
-  Community resources and support
-  Upcoming opportunities to participate in TAPM's **Food is Medicine - Movement is Therapy** program

JOIN THE CONVERSATION



FREE TO ATTEND

Your Health. Your Voice. Your Community.



SMALL changes can make a **BIG** difference.



**WEDNESDAY,
AUGUST 5, 2026**



11:00AM - 12:30PM



EVANGEL FELLOWSHIP CHURCH
Power Play Center
2207 E. Cone Blvd.
Greensboro, NC 27405



**OPEN TO HUB4HOPE
SENIORS AND COMMUNITY
MEMBERS AGES 18+**

CELEBRATING NATIONAL COMMUNITY HEALTH CENTER WEEK (AUG 3-7)
Building innovative Care Where it Matters Most

www.tapmedicine.com