

# You are what you EAT

Bellin Health is committed to the overall health and wellbeing in our patients and in our community. We examine social determinants of health to help provide guidance and resources to improve the lives of those we serve based upon life factors that may be affecting their health. An area of emphasis is helping people access healthy foods no matter what their budget may be. Learn more about healthy eating and how to make choices that are budget and health friendly.



Contact **Linda G.** at [wellnessconsultant@bellin.org](mailto:wellnessconsultant@bellin.org)  
or **920.436.8668** for more resources.

For 24/7 health system access go to [bellin.org/contact](https://bellin.org/contact)  
or call **800.528.7883**.



**bellin**health