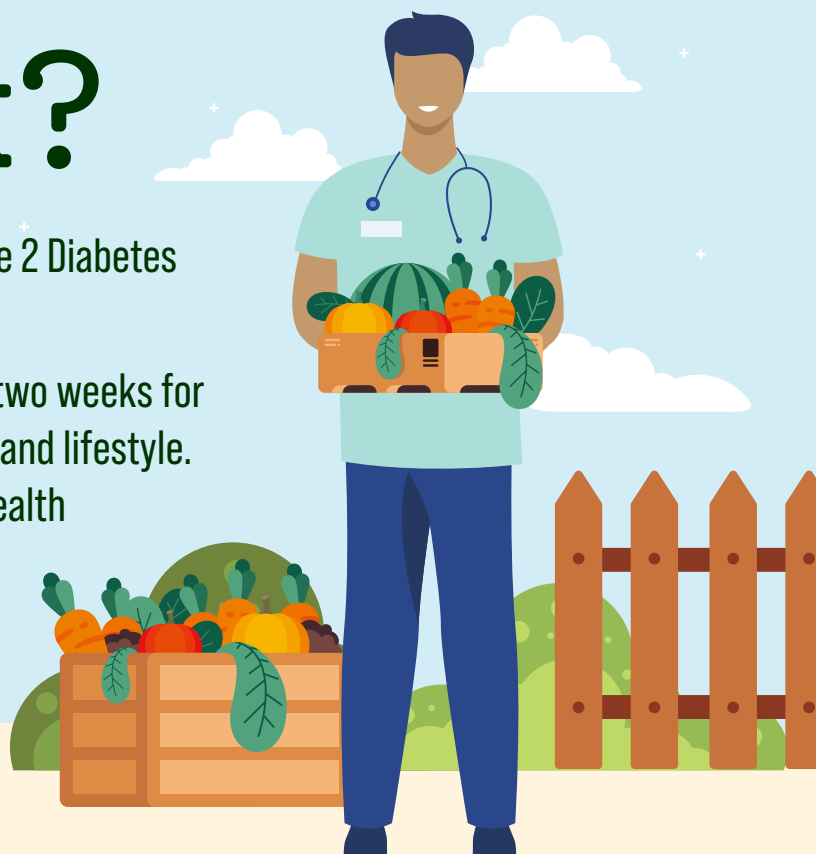


What's FreshRx?

A free program for people living with Type 2 Diabetes in North Tulsa.*

Get fresh, local fruits and veggies every two weeks for a year. Get classes on cooking, nutrition, and lifestyle. Get tips on how to better manage your health and feel great!



Possible benefits...

- Lowered A1C levels
- Weight loss
- Reduction in pain
- Lowered blood pressure
- Improved mental health
- Learn to prepare and store food
- Person-centered care
- Social support and referrals
- Can connect you with a nutritionist
- And more...

Sign up is easy!



Just scan this QR code

*Patients from the following zip codes are eligible: 74130, 74117, 74126, 74106, 74110, 74115, 74127, 74116, 74103, 74104, 74112, 74120, 74128

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Contact us anytime!
freshrxok.org | 918.212.4693