



January Newsletter



Here's what's to come this month!

Click anything in orange to take you to more information

January 1

CLOSED FOR NEW YEARS

JANUARY 6

[RONALD MCDONALD](#)
[MOBILE](#) AT PSMK 8:30AM-4:30PM

JANUARY 18

HEALTHIER MOMS AND BABIES DIAPER HOPPER
[CLICK HERE TO REGISTER](#)

January 15-26

[SAVOR FT. WAYNE](#)
SUB CONNECTION WILL HAVE A VERY SPECIAL MENU FOR SAVOR FT. WAYNE. ASK ABOUT IT IN STORE! OR SEE OUR SOCIAL MEDIA FOR MORE!

JANUARY 20

MARTIN LUTHER KING JR. DAY

In this newsletter you can expect:

PSMK Events

Parkview Nutrition Events

Super Sale Product Seals

Employee Spotlight

WIC & SNAP

Social Media

Mobile Ordering





Parkview Nutrition Community Offerings

[ABCs of Diabetes -- via Zoom](#)

[Tuesday, Jan. 14, 5:30 – 6:30 p.m.](#) Diabetes can increase your risk of developing heart disease, kidney disease and more. Being aware of and controlling your ABCs (A1C, blood pressure, cholesterol and smoking cessation) can help to prevent these complications.

Boosting Your Immune System with Nutrition - via Zoom Tuesday, Jan. 28, 5:30 – 6:30 p.m. Winter is a common season to seek immune system support. Our immune systems are complex and can be influenced by factors like nutrition, sleep, stress, age and other health conditions.

SELF GUIDED / PACED

[New Year Lifestyle Medicine Challenge – Self-guided](#) Throughout the month of January, learn about and dip your toes into each of the six pillars of lifestyle medicine. Lifestyle medicine is a medical subspecialty that uses lifestyle interventions to treat some of the most common chronic conditions in the United States.

[Lifestyle Medicine 101: Nutrition – a virtual, self-paced workshop](#) Need some inspiration to reboot your health? Lifestyle medicine is the fastest growing subspecialty in medicine that can help you prevent, halt and reverse many chronic diseases.



Super Sale

Old Orchard Juice

\$1.00

- Apple Cherry
- Apple Cranberry
- Cranberry
- Red Ruby Grapefruit
- Grape
- Apple


IN-STORE BENEFITS AND PROGRAMS



WE ACCEPT WIC AND SNAP AS WELL AS THE
DOUBLE UP PROGRAM

HAVE A SNAP/EBT CARD?

GET 50% OFF FRUITS & VEGGIES
Up to \$20



USE DOUBLE UP HERE!

*Ask your cashier or visit
DoubleUpIndiana.org
for more information.*



Supplemental
Nutrition
Assistance
Program



Follow, Visit, or Shop!

<p>INSTAGRAM @PONTIACSTREETMARKET</p>	<p>FACEBOOK PONTIAC STREET MARKET</p>
<p>WWW.PONTIACSTREETMARKET.COM</p>	<p>918 E PONTIAC ST FORT WAYNE, IN 46803</p>



GET YOUR GROCERIES DELIVERED

FOR FREE

Use **PONTIAC10** at checkout to receive a 10% discount

Download the **Pontiac Street Market App** or order on [order.pontiacstreetmarket.com](https://www.order.pontiacstreetmarket.com)



ORDER MORE TO YOUR DOOR

Your needs for groceries and supplies, delivered right to your door with Pontiac Street Market Mobile Ordering

Minimum Order & Availability: A minimum order of \$25 (excluding tax and fees) applies for delivery services. Delivery is available in select areas only. Please confirm availability through the Pontiac Street Market app or website. Account & Payment: A free Pontiac Street Market account and a valid saved payment method are required to complete online checkout. Terms & Conditions: Current terms, conditions, and privacy policy are available at <https://www.order.pontiacstreetmarket.com>. These terms and conditions, including all promotions, are subject to change at any time by Pontiac Street Market at its sole discretion.

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Pontiac Street Market!
Join our team

WE'RE HIRING

