“This program has literally saved my life. I have a whole new outlook on life. There were times that I was worried about being and staying on track. But the program thought of everything, they had a team of wonderful people right there with you to help each step of the way.

The bonus from this program is a new relationship with food, a new love for life, the compliments that I get about how I’m looking younger. I would tell anyone to love yourself and take part in a wonderful program that will improve your health.”

— BRENDA THOMPSON
Bronx, NY
What is Lifestyle Medicine?
Lifestyle Medicine is the use of healthy lifestyle habits to prevent and treat common chronic conditions, such as type 2 diabetes and high blood pressure.

Are you living with:
+ Type 2 diabetes
+ Prediabetes
+ High blood pressure
+ Heart disease
+ Health concerns related to excess weight

Our lifestyle medicine experts can help you reach your health goals.

Lifestyle Medicine is simple and powerful therapy:

- **NUTRITION**
  Choose whole plant-based foods (fruits, vegetables, whole grains, legumes, nuts, seeds).

- **SLEEP**
  For adults, 7-9 hours of uninterrupted sleep per day is vital for physical and mental health.

- **PHYSICAL ACTIVITY**
  Regular and consistent exercise is essential for optimal health.

- **STRESS MANAGEMENT**
  Enhance stress reduction techniques for improved wellbeing.

- **SUBSTANCE USE**
  Avoid tobacco, excess alcohol, and other risky substance use.

- **HEALTHY RELATIONSHIPS**
  Social connectedness is essential for emotional health and higher quality of life.

In our program, you will have access to our team of lifestyle medicine trained experts:
+ doctor and/or nurse practitioner
+ registered dietitian
+ health coach
+ exercise trainer
+ psychologist
+ community health worker

Our comprehensive programs last 6+ months and include:
+ Weekly group classes
+ Individual appointments
+ Classes on reading nutrition labels, grocery shopping, meal planning and preparation
+ Recipes and cooking tips/demonstrations
+ Exercise classes, including cardio, strength training and flexibility
+ Sleep and stress management techniques
+ Community of people supporting you

For more information, scan the QR code or call 347-507-3695.