



# Introduction to Lifestyle Medicine

Two new 6-week summer sessions start July 18th. They will include an informative presentation, strategies for change, and time for discussion. Our goal is to give you the tools to make long-lasting improvements to your health and quality of life. This is a group effort, designed to draw strength, inspiration, and support by sharing our experiences.

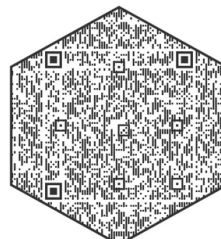
**Summer Dates: July 18th, 2024 to August 22nd, 2024**  
**9am-10am or Noon-1pm**

## Definition of Lifestyle Medicine:

Lifestyle Medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for the prevention and treatment of chronic disease.



**Kinwell**



Doctor-led group visits allow for more time with your physician

Meet virtually with other patients who have similar health concerns

Treatment options are addressed with attention to lifestyle choices

Available to all Washington residents (must be in state for all sessions)

If you would like to participate in future sessions please email us [lifestyle@kinwellhealth.com](mailto:lifestyle@kinwellhealth.com)