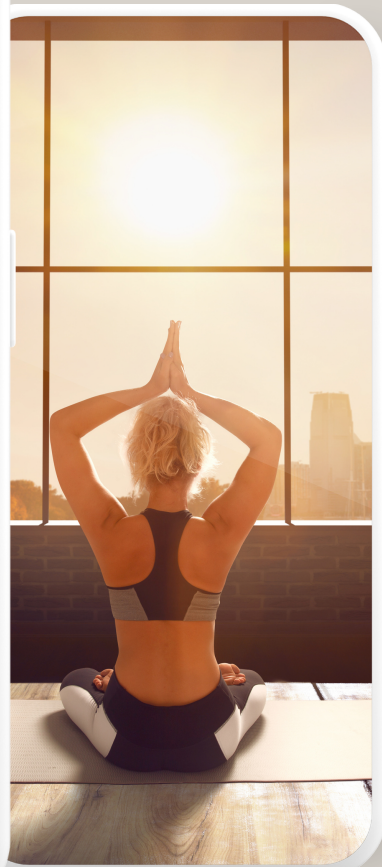


Kinwell

LIFESTYLE MEDICINE

GLP-1

A program designed to maximize the effectiveness of these medications through healthy lifestyle changes.





Session 6:

Moving Toward A Healthy You

Sleep

What two ideas did you hear today and/or strategies you're willing to try?

Write your answer here

Stress

What two ideas did you hear today and/or strategies you're willing to try?

Write your answer here

Risky

What two ideas did you hear today and/or strategies you're willing to try?

Write your answer here

Setbacks

What two ideas did you hear today and/or strategies you're willing to try?

Write your answer here

notes