

Change can be difficult, but a community makes it easier!

# Healthy Lifestyle Group Visits

A seven-part series



*starts*  
April 23<sup>rd</sup>

**Wednesdays**  
**4:40 - 6:00PM**  
at our Biltmore  
Family Health Center

- Improve mood and energy
- Lower blood pressure, cholesterol, and A1C
- Adopt and sustain healthy habits
- Decrease stress
- Improve sleep quality

All group visits include the option for 1:1 time.

**Ask your provider!**

## TOPICS:

- Intro to Lifestyle Medicine
- Plant-centric nutrition
- Movement as medicine
- Sleeping Soundly
- Acute and Chronic Stress Management
- Avoiding Risky Substances
- Relationships: It Takes a Village