

LIFESTYLE MEDICINE FOCUS:

Rest, Restore, Renew

MOVEMENT

SMALL STEPS TO
BETTER HEALTH

2%



<u>Date</u>	<u>Time/Location</u>	<u>Topic/Presenter</u>
Tuesday, April 9	5:30pm/Virtual	Ready, Set, Weight Loss <i>Christine Arvin, RDN, CDW</i>
Tuesday, April 16	5:30pm/Plainfield	Foam Rolling <i>Andrew Wilson, PT, DPT</i>
Tuesday, May 21	5:30pm/Plainfield	Tai Chi Level 1 <i>Cindy Myers, PT, DHSc</i>
Tuesday, June 4	5:30pm/Plainfield	Tai Chi Level 2 <i>Cindy Myers, PT, DHSc</i>
Monday, June 10	6:00pm/Virtual	Fun in the Sun <i>Cyndi Speelman, MD</i>

The Lifestyle Medicine Team invites you to take steps each month to be 2% healthier. Join us for in person or virtual programming that will focus on one of the six pillars of health. Enroll in our month long sleep challenge and take the first steps in restoring your wellness. Pre-registration is required at HENDRICKS.ORG/EVENTS or by using the QR codes below.

Classes



Exercise Challenge
Information will be sent via text



Questions? Please call the Hendricks Regional Health Lifestyle Medicine Team at (317)718-8160 or email wellness@hendricks.org.