

Lifestyle Medicine



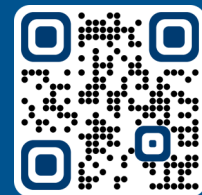
What is Lifestyle Medicine?

Your prescription for better health may not be in a pill bottle. Lifestyle medicine is an approach to care that integrates 6 pillars of health to treat, reverse, and even prevent some chronic conditions like type 2 diabetes, obesity, and heart disease. Even better? The pillars are interrelated – improving one favorably affects other aspects of your life.

The Six Pillars of Lifestyle Medicine :

- Healthy Eating
- Physical Activity
- Quality Sleep
- Stress Management
- Social Connections
- Avoidance of Risky Substances

To learn more about Lifestyle Medicine and other Health Education classes, scan the QR code below, or visit our [Health Education website](#):



Visit Kaiser Permanente Comprehensive Stroke Community Resource
Website: <http://kp.org/sac-valley-stroke-center> . For more
information, please contact : Cindy.Centerwall@kp.org