Giving people the tools to stay healthy is as important as helping them when they are sick. By encouraging healthy lifestyles, we can reduce the risk of preventable diseases such as stroke, diabetes, and heart disease.

This eight week Lifestyle 365 program will motivate you to stay on track as you make healthful choices that enhance your physical and mental well-being. Each of the experiential sessions is designed to help you reach your personal health goals. You will gain confidence as you learn to eat healthier, exercise more, build stress resilience and gain practical tools and techniques to keep you on track.

The Program: Each week during this 8-week program you will participate in experiential learning sessions with our wellness experts listed below:

- **Nutrition & Mind Skills 365:**
  *Nutrition:* Nutrition and cooking education sessions with a Registered Dietitian Nutritionist focusing on a low-fat, plant-based eating style.
  *Mind Skills:* Learn practical tools and techniques with a behavioral health specialist to change your thoughts on food and eating and overcome the emotional and mental hurdles to weight loss.

- **Fitness 365:** This exercise class is designed for anyone who wants to exercise—whether you are a beginner, an expert, or somewhere in between—our fitness experts will coach and support you in achieving and maintaining your fitness goals.

- **Staying on Track 365:** Weekly educational/support group session led by a behavioral health specialist to reinforce positive behavior change, develop strategies for setback recovery and address issues and barriers to staying on track.

- **Stress Resilience 365:** Build stress resilience with practices that nurture mind-body health and vitality. Learn to manage stress more effectively, enhance concentration, productivity, creativity and self-care.

Schedule:
8 Week Program
Tuesdays & Thursdays
4:15 p.m. - 6:30 p.m.
October 20th - December 17th
(No classes on November 24 or 26)

Price:
$365

Location:
St. Jude Centers for Rehab and Wellness
Synergy, A Medical Fitness Center
2767 East Imperial Highway Brea
92821

To register, visit synergymedfit.com or call (714) 578-8770