



Lifestyle Medicine Health Coaching Programs

Do You Need Help Making A Healthy Lifestyle Change?

Our dedicated team can help you improve your health by addressing areas like:

- **Sleep Hygiene**
- **Weight Loss**
- **Physical Activity**
- **Stress Management**
- **Healthy Eating**
- **Chronic Disease Management**

HRH offers a series of in-person or virtual educational seminars focused on the Six Pillars of Lifestyle Medicine – healthy eating, physical activity, stress management, sleep, healthy relationships and minimizing risky substance use.






Check out the schedule by visiting **[HENDRICKS.ORG/EVENTS](https://www.hendricks.org/events)**.

Coaching Options:

- **Individualized Coaching**
 - Support and accountability to help individuals make healthy behavior changes.
 - In-person, virtual and telephonic sessions available.
- **Group Coaching Programs**
 - Monthly schedule, weekly live group coaching session and 28-day program to follow.
 - In-person and virtual sessions available.
- **Whole Health Group Coaching Program**
 - 14-week group program to help with healthy behavior changes by focusing on: Sleep, movement, nutrition and mindfulness.
 - In-person and virtual sessions available.

The Lifestyle Medicine Team offers a **FREE** text messaging service to keep updated on upcoming classes and opt-in to specific groups for healthy tips and tricks.

Just send the following “Text Word” to 833-311-3459 to join the group!

Text Word	Description	QR Code	Text Word	Description	QR Code
#BeWell	Reminders about upcoming classes		Healthy Habits	Fun activities and challenges	
Move Well	Tips for moving better, moving more frequently, exercise, and more		Fuel for Life	Healthy nutrition, receive recipes, myth busting and more	
Healthy Me	Building a healthy lifestyle, self-care tips and more		Fight Burnout	Build resiliency and emotional energy	