

Live Lifestyle Medicine

Free Online Zoom Classes and Website



Do you have any of the following health issues?

**Elevated Cholesterol
High Blood Pressure
Heart Disease
Cancer
Diabetes
Prediabetes**

**Weight Issues
Autoimmune Disease
Gastrointestinal Issues
Mental Health Challenges
Asthma
Kidney Disease**

It is known that over 80% of the above listed conditions can be prevented and potentially reversed with a healthy diet and lifestyle. The reason is that the root cause of these conditions are our diet and lifestyle.

The FREE classes are held online over Zoom every Tuesday evening from 7-8:30PM. The goal of the classes is to teach you about the power that you have, to prevent, improve, and potentially reverse these chronic conditions. If you are interested, go to the website listed below for more information, and to see the class schedule. No sign up is required.

<https://www.livelifestylemedicine.com>