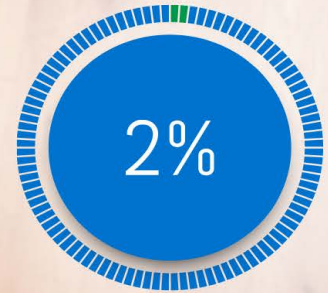


# LIFESTYLE MEDICINE FOCUS:

## Rest, Restore, Renew



**CONNECT**



**SMALL STEPS  
BETTER HEALTH**

Date	Time/Location	Topic/Presenter
Tuesday, July 9	5:30/Virtual	Benefits of a Positive Network Cindy Myers, PT, DHS
Monday, August 12	5:30/Virtual	Attention Deficit Disorder Cyndi Speelman, MD
Tuesday, September 10	5:30/Virtual	Women's Nutrition Christine Arvin, RDN, CHWC
Tuesday, September 24	5:30/Virtual	Prediabetes April Johnson, MD

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. Pre-registration is required at [HENDRICKS.ORG/EVENTS](https://HENDRICKS.ORG/EVENTS) or by using the QR code.



Questions? Please call the Hendricks Regional Health Lifestyle Medicine Team at (317)718-8160 or send us an email at [wellness@hendricks.org](mailto:wellness@hendricks.org)