

# LIFESTYLE MEDICINE FOCUS:

## *Persistence Not Perfection*



Date	Location/Time	Topic/Presenter
Tuesday, October 7	Plainfield/5:30pm	Foam Rolling <i>Cindy Myers, PT, DHSc</i>
Tuesday, November 4	Virtual/5:30pm	Practical Restoration Techniques <i>Jeff Fellure, MA, CAFS</i>
Monday, November 17	Virtual/6:00pm	Helping Your Kids Manage Anxiety <i>Cyndi Spellman, MD</i>
Tuesday, December 2	Virtual/5:30pm	Stress Management for the Holidays <i>Cindy Myers, PT, DHSc</i>
Thursday, December 11	Virtual/5:30pm	Nourishing Warm Beverages <i>April Johnson, MD</i>

The Lifestyle Medicine Team invites you to take small steps that will lead to a healthier you. Join us for in-person or virtual programming focused on the six pillars of health. Pre-registration is required at [HENDRICKS.ORG/EVENTS](https://HENDRICKS.ORG/EVENTS) or by using the QR code below.

Classes



End of the Year  
Survey  
Ends 12/5/2025



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