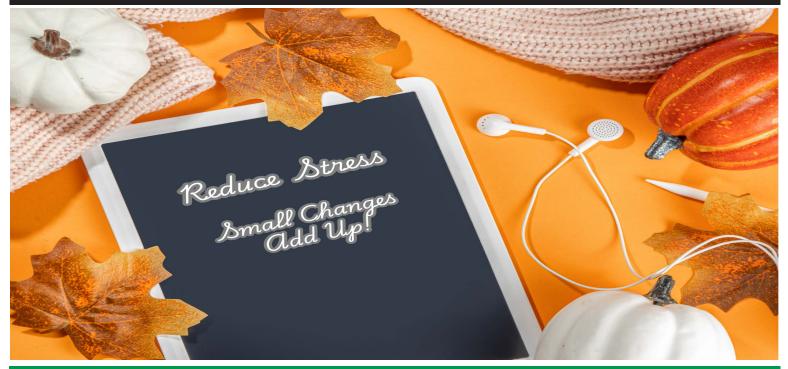
## LIFESTYLE MEDICINE FOCUS:

## Persistence Not Perfection





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

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 or by using the QR code below.

Classes



End of the Year Survey Ends 12/5/2025

