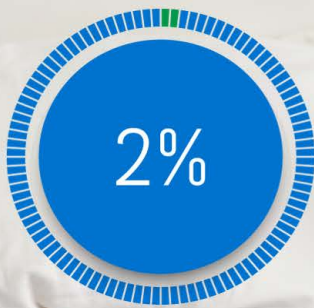


# LIFESTYLE MEDICINE FOCUS:

## Rest, Restore, Renew

### RESTORE



SMALL STEPS TO  
BETTER HEALTH



Date	Location/Start Time	Topic and Presenter
Thursday, January 25	Plainfield/5:30pm	Wellness Vision Boards <i>Christine Arvin, RDN</i>
Tuesday, February 13	Virtual/5:30pm	Simple Tips for Better Sleep <i>Cindy Myers, DHSc</i>
Monday, March 11	Virtual/6:00pm	Cortisol: The Stress Hormone <i>Cindy Speelman, MD</i>
Tuesday, March 26	Virtual/5:30pm	Starting a Movement Plan <i>Nick Galley, MPH</i>

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. Enroll in our month long sleep challenge and take the first steps in restoring your wellness. Pre-registration is required at [HENDRICKS.ORG/EVENTS](https://HENDRICKS.ORG/EVENTS) or by using the QR codes below.

Classes



Sleep Challenge  
Jan. 15-Feb. 9

Information will be sent via text



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