

# Lifestyle Medicine: *Healthy Habits Support Group*



Meets monthly on the second Tuesday of the month  
4:30 p.m. | Beginning March 14th, 2023 | Brownsburg/Danville Hospital



Healthy habits are hard to sustain without a positive support system. If you need motivation, accountability, tips and tricks around healthy eating, physical activity, optimal sleep, mindfulness, and stress management, this support group can provide that for you.

This group is facilitated by a certified health and wellness coach but driven by health focused individuals. If you are ready to feel empowered and be surrounded by a positive support system, please stop by with a question, goal, or article!

## Dates:

March 14<sup>th</sup>, 2023

April 11<sup>th</sup>, 2023

May 9<sup>th</sup>, 2023

June 13<sup>th</sup>, 2023

July 11<sup>th</sup>, 2023

August 15<sup>th</sup>, 2023

## Locations:

Brownsburg Hospital CR

Danville Hospital CR 7

Brownsburg Hospital CR

Danville Hospital CR 7

Brownsburg Hospital CR

Danville Hospital CR 7

Facilitator: Nicholas Galley, MPH, CHWC, TTS

Interested in joining?

Contact Nick at [nicholas.galley@hendricks.org](mailto:nicholas.galley@hendricks.org)