

COMMUNITY WHOLE HEALTH NEWSLETTER

JULY 19, 2024

HIGHLIGHTS FROM OUR LIVE STRONG LIFESTYLE MEDICINE WORKSHOP SERIES



EMPOWERING OUR COMMUNITY

We believe that when individuals are equipped with knowledge, resources, and support, they can create positive change not only in their own lives but also in the lives of those around them.

- *Substance Use Impact: Experts discussed the effects of alcohol and other substances on health, presenting evidence-based strategies for reducing or eliminating harmful substance use.*
- *Mental Health Resilience: A session focused on techniques for thriving after trauma, emphasizing practical approaches to improve mental health and overall well-being.*
- *Building Connections: Participants learned strategies for developing and maintaining meaningful social connections, recognizing the importance of social support in lifestyle medicine.*



LOOKING AHEAD

Stay tuned for more information about our upcoming workshops:

- *Fall workshop: "Stay Healthy during the Holiday Season"*
- *Winter series: "Meal Makeover"*

JOIN OUR GIVING CAMPAIGN

