



Nutrition, Physical Activity, and Stress Reduction

Through 6 sessions, learn skills to prevent disease and live healthier with chronic problems like:

- Diabetes
- High blood pressure
- High cholesterol
- Heart disease
- Metabolic liver disease
- Obesity

In a group setting, get motivated about:

- Physical activity
- Food groups
- Meal planning
- Reducing stress
- Mindful eating
- Sleep

How do I get started?

Email healthyforlife@hcmcd.org
or call 612-873-4299

More info: hennepinhealthcare.org/groupvisits

Wednesday afternoons with Elspeth Ronnander, APRN, CNP

Multiple sessions will be offered throughout the year.

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