



LIFESTYLE
MEDICINE
INSTITUTESM

Go confidently in the direction of your dreams

LIVE THE LIFE YOU'VE IMAGINED

Henry David Thoreau

CHIP is a Lifestyle Medicine Education Program that focuses on whole-person health. The classes are facilitated over 16 sessions in a group environment with dynamic group discussions and peer support. CHIP integrates optimal nutrition, exercise and behavioral psychology principles and tools.

Move More

Physical activity can extend your life, and make you feel good about the life you are living.

Balance More

Find stress relieving strategies that work with your everyday life to achieve balance.

Nourish More

By optimizing the food you eat, you can proactively prevent and reverse many lifestyle diseases.

SCHEDULE

MARCH 31 ST – MAY 21 ST	
Time TBD	
Location TBD	
Tuesdays	Thursdays
3/31	4/2
4/7	4/9
4/14	4/16
4/21	4/23
4/28	4/30
5/5	5/7
5/12	5/14
5/19	5/21 Commencement

To learn more, visit <https://chiphealth.com/> and <https://www.collierschools.com/Page/11911>

To register for this class, please contact Tim Katz at 377-0713 or tkatz@chealthpartners.com