



**Cleveland Clinic**  
**Wellness**

## Lifestyle 180<sup>®</sup>

If you have been diagnosed with diabetes, high blood pressure, high cholesterol or obesity, our Lifestyle 180<sup>®</sup> program is for you.

These chronic medical conditions can leave you feeling fatigued, sleep-deprived and in constant pain. They also significantly increase the risk of death and disability.

Don't let another year go by without taking charge of your health. Seize the opportunity to feel better, look better, enjoy greater energy and feel more relaxed.



Our year-long **Lifestyle 180** program provides 72 hours of intensive intervention. Group sessions tailored to your needs will focus on nutrition, exercise and stress management. Through Lifestyle 180 you'll gain the knowledge and skills you need to:

- Achieve optimal health
- Decrease your use of prescription medications
- Arrest or reverse chronic condition(s)

You'll attend sessions twice a week for four hours at a time during the first four weeks. Ten more four-hour sessions will follow throughout the year.

**Lifestyle 180** may not be covered by insurance. However, successful participation in our program will reduce the frequency of doctor visits and prescription refills, so you'll have fewer co-pays.

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### Price

\$250/month for 12 months

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### Schedule

Sessions begin in January, February, April, September and October

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### Location

Cleveland Clinic Lyndhurst Campus,  
1950 Richmond Road  
Lyndhurst, Ohio 44124

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Reclaim your health with Lifestyle 180.

**Call 877.331.WELL (9355)** toll-free or email [lifestyle180@ccf.org](mailto:lifestyle180@ccf.org).

For information about all Center for Lifestyle Medicine programs, visit [clevelandclinic.org/clm](https://clevelandclinic.org/clm).