Cleveland Clinic’s Wellness Institute is first in Ohio to offer a three-month comprehensive Cardiac Lifestyle Intervention Program (CLIP) for people with heart disease.

SIMPLE CHANGES — POWERFUL RESULTS
In this program, you will learn how to make simple changes in your lifestyle and diet that can have profound impact on the quality of your life and health.

You’ll work side-by-side with a team of experts who have been trained in this innovative approach to therapeutic lifestyle intervention. Our Lifestyle Medicine specialists will show you how to make manageable changes that you will be able to sustain on your path to well-being.

The Cardiac Lifestyle Intervention Program’s personalized approach will empower you to make changes in:

- What you eat
- How you respond to stress
- How physically active you are
- How much love and support you experience
12 WEEKS THAT CAN CHANGE YOUR LIFE
The Cardiac Lifestyle Intervention Program involves 72 hour of intensive lifestyle intervention aimed at heart health. Participants who are screened and approved following consultation with their primary care physicians and/or cardiologists proceed with an intensive three-month course.

Our physicians, fitness specialists, behavioral health specialists, yoga therapists, registered dietitians and nurse case managers will provide you with:

• **Nutrition Education** to help you adopt a low-fat vegetarian diet
• **Monitored Fitness** to help you start and gradually increase low-impact exercise
• **Stress Management** to help you better handle stress through relaxation techniques and meditation
• **A Support Group** to help you understand and gain support for emotional issues related to heart disease

ENJOY LASTING HEALTH BENEFITS
What matters most is your commitment to changing your life for the better. This program has empowered and brought strength and hope to thousands of people.

The Cardiac Lifestyle Intervention Program supplements conventional treatment for heart disease. Our team will update your doctor about your progress. Talk to your doctor to see if you qualify for a referral to our program.

We invite you to experience a program that can bring long-awaited healthy change to your life in a short amount of time.

Cardiac Lifestyle Intervention Program (CLIP)

**SCHEDULE**
For a complete schedule, please call 877.331.9355 or visit clevelandclinic.org/clm.

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

**PRICE**
Medicare and many private insurers now offer coverage for this program. Patients’ financial responsibility will vary by insurance.

For details about the Cardiac Lifestyle Intervention Program (CLIP), including eligibility criteria, please call 877.331.9355 or email lifestylemed@ccf.org.

clevelandclinic.org/clm