The road to a better life begins with the decision to make a change.

Let experts from Cleveland Clinic’s Center for Lifestyle Medicine help you create a healthy life you will love. You’ll work side-by-side with health professionals dedicated to helping you develop and reach your goals. Through a variety of programs focusing on nutrition, exercise and stress management, you'll learn how to feel better — and live better, too.

OUR GOALS
To enhance your quality of life, we strive to remove obstacles to well-being, such as:
• Pain
• Fatigue
• Impaired mobility
• Sleep Problems
• Excess Weight
• Stress

We use lifestyle medicine approach to prevent and treat chronic conditions such as obesity, diabetes, hypertension (high blood pressure), high cholesterol, fatty liver disease, and more.

LIVE BETTER
We invite you to experience our Lifestyle Medicine programs and services. Start on the path to creating your road map to a life you’ll love. Now is your chance to feel better, look better and live better.

PRIVATE WELLNESS SERVICES
The path to creating a healthy life is different for everyone. Whether you want to learn stress management or cooking skills, we’re here to help you create a personal road map that will transform your life for the better. Our caring team of experts will meet you wherever you are on your path, listening to your concerns. We will also help you adapt your everyday life as your goals evolve, through:
• Lifestyle Medicine consultations with a physician
• Nutrition counseling
• Cooking lessons
• Personal fitness coaching
• Lifestyle coaching
• Therapeutic yoga lessons
• Behavioral health sessions

GROUP WELLNESS SERVICES
Enjoy the support of a community of people who share like-minded goals. Our group programs and classes provide education and ongoing support. Classes are open to everyone.

We offer:
• A wellness speaker series
• Healthy living workshops
• Weight management programs
• Cooking classes
• Therapeutic yoga classes
• Wellness support groups
• Disease reversal programs

To register for a session or program, call 877.331.9355 or email Lifestylemed@ccf.org.
Visit clevelandclinic.org/clm to see our program calendar, pricing information and more.

Wellness Programs are held at Cleveland Clinic Lyndhurst Campus, 1950 Richmond Road, Lyndhurst, Ohio 44124.
PRIVATE WELLNESS SERVICES

LIFESTYLE MEDICINE PHYSICIAN CONSULTATIONS
Our physician will provide a lifestyle-related health assessment and will work with you to develop a comprehensive wellness program. The program will address your specific health needs and goals.

NUTRITION COUNSELING
Our dietitians will complete a full analysis of your diet and create a meal plan that will best suit your needs. They will take any chronic conditions, medications, weight goals and special diets into account to help you reach your goals.

LIFESTYLE COACHING
Our wellness coaches will help you learn new tools to change old habits into new ones that support a healthy lifestyle. They will inspire you and help you stay motivated!

PERSONAL FITNESS TRAINING
Our fitness experts will work with you to customize a fitness plan that suits your schedule, your budget and your ability level.

PRIVATE COOKING LESSONS
Our chefs will work with you one-on-one to tailor lessons to your health needs, food interests and cooking abilities.

PRIVATE YOGA LESSONS
Our yoga therapists will develop a personalized yoga routine for you. They will tailor it specifically to your health goals and/or rehabilitation needs.

BEHAVIORAL HEALTH SESSIONS
Our experts will help you identify your stress triggers and will address any behaviors that block you from achieving your health goals.

GROUP WELLNESS PROGRAMS

WELLNESS SPEAKER SERIES
These monthly lectures focus on a wide variety of wellness topics and trends.

HEALTHY LIVING WORKSHOPS
These workshops offer the tips and tools you will need to make wellness a part of your everyday life. See for yourself how blending proven medical strategies, a group wellness experience and personalized lifestyle coaching can transform your health — and your life.

LIFESTYLE U – WEIGHT MANAGEMENT PROGRAM
This 12-week program will teach you how to take control of your health and your weight. Spend 90 minutes a week with our experts and learn the basic components of wellness you need to maintain a healthy, active lifestyle.

COOKING CLASSES
Our classes will teach you new recipes and healthy cooking techniques from expert wellness chefs. You’ll also deepen your understanding of the link between health and diet.

THERAPEUTIC YOGA CLASSES
These 60-minute classes are designed specifically for you. Come as you are to our yoga classes, whatever your age, physical ability or level of experience. You will soon discover the powerful benefits that yoga can bring to your life. Classes are open to everyone.

WELLNESS SUPPORT GROUPS
These groups focus on positive change. You’ll meet others who are committed to a healthy lifestyle. Come and get the support you need to make a fresh start. Explore challenges and create a plan for success. Learn from others and share your own successes.

DISEASE REVERSAL PROGRAMS

LIFESTYLE 180
If you have diabetes, obesity, hypertension, or another chronic condition, this one-year program will turn your life around. This lifestyle intervention — focused on nutrition, exercise and stress management — will give you the knowledge and skills you need to enjoy optimal health.

DR. ESSELSTYN’S PROGRAM
This nutrition-based therapy has been featured on CNN. Learn the basics of Dr. Esselstyn’s heart-healthy program during a single five-and-a-half hour class. Lunch is included. Spouses attend free.