



# Functioning for Life™

Functioning for Life is a robust 10-week program of shared medical appointments designed for new patients to the Center for Functional Medicine. Condition-specific programs have been developed and patients can select the series that is right for them.

These group appointments introduce patients to the functional medicine approach and provide the necessary laboratory testing, health information and dietary guidance needed to achieve optimal wellness. Each week, patients will interact with one of the various functional medicine providers including physicians, nurse practitioners, dietitians and health coaches. Patients will also have access to individualized support and on-going communication with members of their care team throughout the 10-week program.

## CONDITION-SPECIFIC PROGRAMS

Diabetes
Digestive Disorders
Immune/Autoimmune
Pain & Migraine
Women's Health
Weight Management

Each weekly program is one hour long, with the exception of sessions 1, 3, 5 and 9, which may last up to two hours. Discounted parking is available from the parking desk.

For details on the disease specific tracks and conditions, see the Functioning for Life Q&A flyer or visit [clevelandclinic.org/functioningforlife](http://clevelandclinic.org/functioningforlife)

To register for the Functioning for Life program, visit [clevelandclinic.org/fmsignup](http://clevelandclinic.org/fmsignup) or call 216.444.8716