



LIVING WELL...

Take advantage of our MEDICAL LIFESTYLE GROUP VISITS to find, improve and set the framework for a healthy lifestyle. We will focus on a range of health topics. Meet our Team and gain new information from others with similar experiences and lifestyle goals!

Healthy Weight

EVERY FIRST THURSDAY OF THE MONTH

Upcoming dates: March 2nd @ 4:30

April 6th @ 4:30

May 4th @ 4:30

Plant Based Nutrition

MAY 18th, @ 3:30PM

Exercise & Sleep

AUGUST 17th, @ 3:30PM:

Mindfulness & Meditation

NOVEMBER 21st, @ 3:30PM:

LiveWell!

Eat better!

Move more!

Stress less!

Let's connect!

HEALTHY WEIGHT

**Plant Based
Nutrition**

Exercise & Sleep

**Mindfulness &
Meditation**



NORTH CYPRESS

Internal Medicine and Wellness

Live healthy, live well.

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Welcome to our new Lifestyle Medicine Group visits!

With the New Year comes new opportunities to enhance health and wellbeing! By concentrating on a healthy lifestyle to prevent or even treat chronic diseases. We continue to focus on a healthy lifestyle in a way to prevent and even treat chronic diseases. We are now offering Lifestyle Medicine Group Visits!

What is a Lifestyle Medicine Group visit?

The team at North Cypress Internal Medicine & Wellness invites you to participate in an exciting new program to empower patients to be the best versions of themselves in 2016. By choosing to participate in this new concept in the delivery of medical care - **Group Visits - For Your Healthy Lifestyle** - you become a member of a small group that will meet for about 90 minutes under the direction of Dr. Serna and the medical staff of NCIM&W.

How does it work? What is the cost?

You will pay your usual copay for this visit. Your group will address both medical and non-medical issues that are of concern to you. Please check in at the front desk as you would for any office visit. Feel free to come a little early to allow time for check-in and to gather in the group room.

What does this small group visit include?

- A brief on-on-one medical visit with a provider
- A 15-minute presentation on a topic of health interest that NCIM&W patients have identified as interesting and relevant to their self care
- Group interaction and facilitated discussion
- Refreshments!

What dates and topics are coming up?

You are invited to choose from any or all of the topics offered! The enclosed flyer provides dates and times for each topic.

Topics offered for 2017 include:

- **Healthy Weight**
Monthly, every first Thursday of the Month @ 4:30PM
- **Lifestyle Medicine- What's in for me?**
February 16th @ 3:30PM
- **Plant based nutrition**
May 18th @ 3:30PM
- **Exercise & Sleep**
August 17th @ 3:30PM
- **Mindfulness & Meditation**
November 16th @ 3:30PM

We look forward to seeing you!

Location: NCIM&W Group Room at our new office