



Lifestyle Medicine is:

- **Highly evidence based** - recommended by doctors worldwide
- **Holistic** - looks at ALL the areas of your life that affect health
- **Sustainable** - teaches you how to put knowledge into action, for longterm measurable changes

Dr. Marissa Kelaker

Health courses

Our 6 week online course teaches you what you need to know to **Reboot your health**. Including plant focused nutrition, physical movement, stress reduction, restorative sleep, habit change, beating addiction, meal plans, workouts and more.



1:1 Support

We also offer private consultations, where we take a detailed look at your current health and future goals and create a personalised plan, based on core Lifestyle Medicine principles.



your
lifestyle
medics

Transform your health
with Lifestyle Medicine

visit: yourlifestylemedics.com

