

CORE CARDIOLOGY

Lifestyle Medicine Clinic



Core Cardiology offers a 7 week comprehensive Lifestyle Medicine Clinic. The Lifestyle Medicine Clinic is designed to reduce and prevent diseases caused by lifestyle factors such as poor nutrition, physical inactivity, stress, and lack of emotional support. The program is designed to give patients education and tools to promote self-management of food, exercise, sleep, and stress.

Lifestyle Medicine Clinic will be a small group class. Each week will focus on a specific aspect of lifestyle medicine and will feature a guest speaker.

Virtual classes are held weekly on Thursdays from 4:00 - 5:30 pm

- What is lifestyle medicine? Speaker Vanessa Preble, APRN
- Behavior Modification/Goal setting Beth Devaney and Brittany Robinson
- Mindfulness and stress management. Speaker Brittany St. Martin, DPT, RYT
- Nutrition and diet with practical recipes. Speaker Beth Devaney, RD
- Taking action: label reading and shopping tips Speaker Jodie Sutherland, BS, RCS
- Exercise and movement Speaker Barbara Macdonald, BSN, RN-BC
- Goal setting review and support structure All specialists present



After the 7 week program is completed you will meet with Vanessa one more time in follow up.

Lifestyle Medicine Clinic is run by Nurse Practitioner, Vanessa Preble, MSN, APRN as well as specialists in each category. Vanessa is an Advance Practice Clinician at Core Cardiology in Exeter, New Hampshire. Her approach to clinical care is to educate her patients on their specific health issues to help them with self-management. "I have a particular interest in prevention and wellness strategies to manage, reduce, and prevent cardiac conditions. Personally, I enjoy cycling, running, skiing and general physical activity. I also enjoy personal time with family while being involved in community events and activities."

We recommend confirming coverage with your benefit provider before enrollment. Class is billed same as office visit.

Call 603-773-9992 to book or for more information about Lifestyle Medicine Clinic