

CORE CARDIOLOGY

Lifestyle Medicine Clinic



Core Cardiology is now offering a seven 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 seven week program is designed to support lifestyle changes through group education who are motivated to move toward primarily plant-based foods, increasing their daily physical activity, improving their sleep, and manage their 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.

Classes will be held weekly on Thursdays from 4:00 - 5:30 pm

- 1/27/22 What is lifestyle medicine? Speaker Vanessa Preble, APRN
- 2/3/22 Behavior Modification/Goal Setting Beth Devaney and Brittany St. Martin
- 2/10/22 Exercise and movement Speaker Barbara Macdonald, BSN, RN-BC
- 2/17/22 Nutrition and diet with practical recipes Speaker Beth Devaney, RD
- 2/24/22 Taking action: label reading and shopping tips Speaker Jodie Sutherland, BS, RCS
- 3/10/22 Mindfulness and stress management Speaker Brittany St. Martin, DPT, RYT
- 3/17/22 Course recap and goal setting review All specialists present



After the 7 week program is completed you will meet with Vanessa in follow up about 6-8 weeks later to see how you are doing with your goals.

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, 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.



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