



Rochester Lifestyle Medicine Institute

Rochester Lifestyle Medicine Institute (RLMI) is a 501(c)(3) non-profit organization
Teaching skills, not selling products...

The programs are facilitated live events run virtually over Zoom.

15-Day Whole-Food Plant-Based **Jumpstart Program** *- The prescription for chronic disease -*



Learn more and register at RochesterLifestyleMedicine.org/about-jumpstart/

- The Jumpstart program launches you on a plant-based journey with nutrition education, skills-building, and community support.
- The best part of this two-week, seven-session program is no limit of healthy foods.
- Take charge of your own health by getting to the root cause of disease.

the lift project



Learn more and register at RochesterLifestyleMedicine.org/lift-project/

- This holistic health course meets one hour per week and improves overall health using the latest findings from positive psychology, lifestyle medicine, and neuroscience.
- A comprehensive mental well-being adventure (10 topics over ten weeks)
- Non-facilitated, self-paced option is available



Health Coaching



Learn more and register at RochesterLifestyleMedicine.org/health-coaching/

- RLMI health coaches partner with clients seeking self-directed, lasting changes.
- Coaches use evidence-based, proven lifestyle changes to prevent, treat, and reverse chronic disease.
- Individual sessions and group programs are available.

If you have questions or financial barriers, please contact us at info@roclifemed.org