



## 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/](https://RochesterLifestyleMedicine.org/about-jumpstart/)

- The two-week, seven-session, eleven hour Jumpstart program launches you on a plant-based journey with nutrition education, skills-building, and community support.
- Take charge of your own health by getting to the root cause of disease.
- Use the \$100 discount code **referJS** when registering to lower the price to \$199

### the lift project



Learn more and register at [RochesterLifestyleMedicine.org/lift-project/](https://RochesterLifestyleMedicine.org/lift-project/)

- This holistic health course meets one hour per week for ten weeks and improves overall health using the latest findings from positive psychology, lifestyle medicine, and neuroscience.
- Non-facilitated, self-paced option available
- Use the \$50 discount code **referLIFT** to lower the price to \$99 (\$79 self-paced)

### **PIVIO**<sup>TM</sup>



Learn more and register at [RochesterLifestyleMedicine.org/pivio/](https://RochesterLifestyleMedicine.org/pivio/)

- A complete health improvement program (CHIP), scientifically proven, intensive lifestyle intervention, designed to prevent, treat, and reverse chronic disease.
- Nineteen live sessions over thirteen weeks
- Use the \$100 discount code **referCHIP** to lower the price to \$399

If you have questions, prefer to register by phone, or have financial barriers, please contact us at [info@roclifemed.org](mailto:info@roclifemed.org) or 1-800-710-7564