

# HEALTH COACHING & COOKING CLASSES



**Rochester Lifestyle  
Medicine Institute**

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

## What is a Lifestyle Medicine Health Coach?

RLMI health coaches partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and thereby enhance well-being.

Potential areas that clients may choose to address:

- Whole-food, plant predominant nutrition
- Restorative sleep
- Avoidance of risky substances
- Physical activity
- Stress management
- Positive social connections



## How is the Coaching Delivered?

The coaching is provided via a web meeting or phone call, whichever you prefer. Our coaches have extensive experience in helping people with lifestyle changes, and you can read about each coach's background on our website - see link and QR code below.

## Start with a Free 15-Minute Consultation

Meet with a coach for a free 15 minute introductory consultation to discuss your goals. If you decide our coaching is a good match, you can choose an individual 30/60-minute appointment or package through our online booking system. Follow the link or QR code for details and pricing.



[RochesterLifestyleMedicine.org/health-coaching](https://RochesterLifestyleMedicine.org/health-coaching)

## Educational & Fun Cooking Classes

Learn how to make delicious whole-food, plant-based meals from a certified Food for Life Cooking Instructor. The Zoom-based classes feature a live cooking demonstration, with interspersed video, interactive discussion, and Q&A. Follow the link or QR code for a list of class descriptions and schedules.



[RochesterLifestyleMedicine.org/cooking-classes/](https://RochesterLifestyleMedicine.org/cooking-classes/)