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.

**Jumpstart Program**

- 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

Learn more and register at [RochesterLifestyleMedicine.org/about-jumpstart/](http://RochesterLifestyleMedicine.org/about-jumpstart/)

**the 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)

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

**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

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

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