



# MAKE THE HEALTHY CHOICE THE EASY CHOICE WITH KELLYN'S INTENSIVE LIFESTYLE MEDICINE PROGRAM



## WHAT ABOUT MY FAMILY? CAN THEY GET INVOLVED?

Yes! We have found that this supportive program provides the best results when your significant other, friend, family member or child takes on this challenge with you! This way you will have support within the group dynamic as well as at home to make these simple changes towards a healthier life that much easier.

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## WHY JOIN?

Approximately 80% of our risk for developing chronic disease is directly related to our lifestyle choices. Our DNA is not our destiny – the habits we engage in every day, like how much we move, the food we choose to eat, whether we prioritize restorative sleep, how we manage stress, and whether we focus on nurturing supportive social connections have a much larger impact on our vitality and longevity. Kellyn's program utilizes a **Food As Medicine** approach; combining traditional curriculum with additional cooking classes, and group educational sessions. Lifestyle change is not easy, but the understanding and constant support from the experts at Kellyn will help you every step of the way.



# WHAT IS INCLUDED?

o **Constant Engagement:** During the 12-month program, participants engage with Dr. Meagan, Chef Amanda and Eric in small-group educational and experiential sessions, learning and applying practical lifestyle strategies to increase energy, improve mood and boost vitality.

o **Interactive Sessions:** During the initial 3-month intensive period, sessions are held weekly. In the second-quarter, sessions are held every six weeks and during the final six-months, sessions are held quarterly.

o **Family Support:** Participants (and one significant other or family member) engage in goal setting, support discussions, as well as open question and answer times at every session.

o **Fabulous Food:** Participants enjoy a delicious and nutrient-packed whole food, plant-based meal at every in-person session, prepared by Chef Amanda and her team.

o **4 Sets Of Bio-metrics:** including height, weight, BMI, blood pressure, fasting lipid panel, HgbA1c and hs-CRP (a measure of inflammation) are evaluated at the beginning of the program and again at 3-, 6- and 12 months.

o **Weekly Discount Code:** Participants and all graduated alumni receive a percentage off of our Lifestyle Medicine Meals and produce available to purchase at <https://healthyfood.kellyn.org>

o **Recipes:** Chef Amanda will provide numerous plant-based recipes along with her phenomenal culinary wisdom and tips for swapping in healthy, satisfying ingredients for your favorite meals.

o **Easy Communication:** Participants enjoy a private Facebook page for support and inspiration along with consistent email communication with the Kellyn Team.



## TESTIMONIALS:

"If you're even considering the Lifestyle Medicine Program, go for it! As a current participant, I can promise you there's nothing "fad" or "diet" about this program. It's simply lovely people helping you change your habits in small ways to meet your goals."

"The program was an eye-opener. The group is fantastic. I really enjoyed the journey, it was a life changer. I am so grateful that I was a part of it. Please continue this program, it is excellent"

"I would recommend this program to anyone. Chef Amanda's meals were critical to me in realizing that plant-based meals were delicious. The group support was great. It was comforting to know that others were facing similar challenges. I went 100% plant based and am loving it. This journey is a starting point. I keep thinking of small changes that I can consistently implement to change my life. Thank you! Thank you! Thank You!"

"The program was very beneficial. I learned a lot of good eating habits and exercise habits Chef Amanda guided us and taught us so many wonderful recipes. The support we received was very helpful, listening to our individual challenges and helping us to keep going forward. I am 90% plant based now, exercising more, and sleeping better. Thank you all. I am very grateful for your support and friendship."

**CONTACT US WITH ANY QUESTIONS AT:**

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