

WELLNESS SERIES WITH DR. WAYNE DYSINGER



Dr. Dysinger is a preventative and family medicine physician who currently serves as CEO for Lifestyle Medicine Solutions, a new model primary care concept that is built on Lifestyle Medicine.

**Where: Linda Valley Villa
11075 Benton Street,
Loma Linda, CA**

**RSVP up to one day prior via
phone (909)796-7501**

Monday, October 9th 4pm..... Mind Matters

Description: The connection between lifestyle and depression/mental health.

Monday, October 16th 4pm..... Why are We Getting Sicker and Sicker

Description: From communicable disease to non-communicable/chronic disease. The four pillars of lifestyle medicine.

Monday, October 23rd... BREAK (See you next week!)

Monday, October 30th 4pm..... Mythbusters

Description: Debunking the most popular myths about nutrition and exercise.

Monday, November 6th 4pm..... The Rise and Rise of Diabetes

Description: Why it does not have to be a life sentence.

Monday, November 13th 4pm.....The Stroke and Heart Attack Alternative

Description: Reversal of cardiovascular disease.

**LINDA VALLEY
VILLA**

INDEPENDENT SENIOR LIVING