



Sharp Rees-Stealy Medical Group

Implementation Strategies for Lifestyle Medicine –

Helping Your Garden Grow

Week 3: Wednesday, May 5, 2021

Wellness Strategies

5:30 p.m. – 6:30 p.m.

Purpose: This week the focus is wellness & circulation. Guest speakers will provide the cardiologist perspective, exercise prescriptions and how to help patients avoid risky habits/substances. Another cooking demonstration will also be provided.

- 5:30 p.m. Welcome – Teresa Hardisty, MD (and Patient Testimonial if available)
- 5:35 p.m. Cardiologist Perspective – Robert Gillespie, MD
- 5:55 p.m. Nutrition Workshop #2 – Angie Neison, MD 6:00 p.m.
- 6:15 p.m. Exercise as a vital sign, avoiding risky substances/habits- Teresa Hardisty, MD
- 6:25 p.m. Q & A and Homework – Teresa Hardisty, MD
- 6:30 p.m. Adjourn

Faculty:

Teresa Hardisty, MD, DipABLM

Sharp Rees-Stealy Medical Group – Pediatrics, Lifestyle Medicine
Chair, Be Well Committee
Chair, Lifestyle Medicine Series Planning Committee

Robert Gillespie, MD

Sharp Rees-Stealy Medical Group – Cardiology

Angelica (Angie) Neison, MD

Sharp Rees-Stealy Medical Group – Family Medicine
Member, Be Well Committee