



Sharp Rees-Stealy Medical Group

Implementation Strategies for Lifestyle Medicine –

Helping Your Garden Grow

Week 5: Wednesday, May 19, 2021

Implementation Strategies

5:30 p.m. – 6:30 p.m.

Purpose: This week will highlight a range of resources for implementing lifestyle medicine tools and techniques including the Center for Health Management, VEBA, CHIP Health pilot study and a final cooking demonstration.

- 5:30 p.m. Welcome – Teresa Hardisty, MD (and Patient Testimonial if available)
- 5:35 p.m. Center for Health Management – Kelly Young, RD
- 5:55 p.m. Nutrition Workshop #4 – Angie Neison, MD
- 6:15 p.m. Introducing VEBA – Angie Neison, MD
- 6:20 p.m. Sharp Best Health CHIP Pilot Recruitment – Teresa Hardisty, MD
- 6:25 p.m. Q & A and Future Plans – 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

Kelly Young, RD

Sharp Rees-Stealy Medical Group – Diabetes Education
Manager, Health Education and Patient Support

Angelica (Angie) Neison, MD

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