The Healthy Foundations lifestyle modification program will help you feel healthier, lighter and more fit.

Let us be right beside you on your journey.

Evidence shows that the best option for improving your current health and reducing your risk of future illness is a structured program of physical activity and change in nutrition. Our Healthy Foundations program takes the guesswork out of it with a customized program to meet you where you are on your path to wellness. With the help of our expert healthcare providers which include Registered Dietitians, Certified Nutritionists, Physical Therapists and Exercise Specialists, Pinnacle Medical Wellness and Valley Medical Center have teamed up to offer an intensive, 16-week lifestyle modification program to help you get strong, healthy and build positive lifestyle habits.

Program Overview

Length: 16 weeks

Cost: based on insurance benefits/plan coverage*

Life Skills Addressed:

- Food education
- Lifestyle modification & goal setting
- Exercise as medicine
- The psychology of eating

REGISTER TODAY!
Phone: 425.656.4006
Fax: 425.656.4265
E-mail: healthy_foundations@valleymed.org

*Financial assistance, insurance subsidy and payment plans available