

# Wellness Lifestyle Medicine

Comprehensive Services Addressing Your Whole Health



Wellness Lifestyle Medicine is the use of evidence-based lifestyle therapeutic approaches, such as a plant-predominant dietary lifestyle, regular physical activity, adequate sleep, stress management, avoiding use of risky substances and pursuing other non-drug modalities, to treat, reverse and prevent chronic disease.

At the Republic Bank Foundation Optimal Aging Clinic, we offer a variety of in-house services including yoga, fitness classes, tai chi, acupuncture, and nutrition counseling. We also have a wide partnership network that allows us to refer you to services that you need to achieve your health goals.



204 E. Market St., Suite A, Louisville KY  
502-588-4340 | [www.TragerInstitute.org](http://www.TragerInstitute.org)

**Our wellness lifestyle medicine services provide whole health approaches tailored to help patients achieve health and well-being**

## *OUR SERVICES INCLUDE:*



### Acupuncture

Tuesdays & Thursdays, 1:00 pm - 6:00 pm



### Fitness Classes\*

Get Moving with Gray, Wed. at 10:30 am



### Massage Therapy

COMING SOON!



### Nutritional Counseling

COMING SOON!



### Tai Chi Classes\*

Tuesdays & Thursdays, 11:30 am - 12:30 pm



### Yoga Classes\*

Chair-Based Yoga Coming Soon, Wed. at Noon

*\*VIRTUAL OFFERINGS*



Call 502-588-4340 or visit [www.tragerinstitute.org/wellness-lifestyle-services](http://www.tragerinstitute.org/wellness-lifestyle-services) to learn more about our Wellness Lifestyle Services