

# THE POWER OF LIFESTYLE MEDICINE



Prevent or treat chronic disease with our team of clinicians who will help guide, coach and motivate you to better health.



**Lifestyle  
Medicine Centre**

Sydney Adventist Hospital

# WHAT WE DO

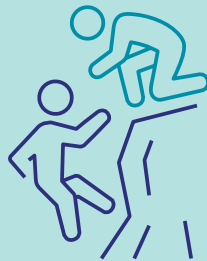
We provide evidence-based Lifestyle Medicine consultations, programs and interventions that address the root causes of Type 2 Diabetes and other chronic illness or disease.



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# HOW WE DO IT

Our interdisciplinary team of lifestyle medicine physicians, registered nurses, health and wellness coaches, dietitian and exercise physiologist will help support and coach you through the four pillars of nutrition, movement, mindset and connectedness.



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# WHY WE DO IT

We provide health, healing and hope because we care. We will help you transform your life.



# WANT TO LIVE A HAPPIER AND HEALTHIER LIFE?

We promote the use of lifestyle change as the foundation of health and healthcare. Our interdisciplinary team will help empower you to make the lifestyle changes you need to address the causes of chronic disease.

We work closely with your General Practitioner and specialists to extend their excellent care and help you achieve your health goals.

Speak to them about a referral (desired but not essential).



Lifestyle Medicine Physicians



Registered Nurses



Dietitian



Exercise Physiologist



Health & Wellness Coach

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# OUR LIFESTYLE MEDICINE ASSESSMENTS

Choose from a range of services that will support and guide you to better health:



Individual Consultations



12-week Clinical Programs



Starter, Plus and Power Packages



Group Sessions



Telehealth Available

Address the root cause of:



Weight & Metabolic Issues



Diabetes



Heart Disease



Stress & Fatigue



Cancer Risk Factors



and more.

# CONTACT US

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**Find out more at [www.elialmc.com](http://www.elialmc.com)**

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