



**MASTER YOUR HEALTH LIFESTYLE CHOICES WITH PIVIO™**

**13-week, 18-session program begins:**

**Monday, Feb. 10 • 5:30 p.m.**

**MULTIPURPOSE ROOM/YMCA**

**COLUMBUS WELLNESS CENTER**

**There is no cost for this class, which includes:**

Two blood work-ups and biometric measurements, class materials (cookbook and journal), a free Columbus YMCA membership for the duration of the class (*if you are not already a current YMCA member*) and so much more!

**IT'S TIME TO PIVOT!**

According to the Lifestyle Medicine Institute, Pivio is built on the scientifically proven principles of lifestyle medicine and the Complete Health Improvement Program (CHIP). Pivio applies each principle, leveraging updated scientific discoveries and using the best of behavior-change science.



[f X @ p columbushosp.org](https://www.columbushosp.org)

To register, please call 402-562-4483 or email [dafrewing@columbushosp.org](mailto:dafrewing@columbushosp.org) by Friday, Jan. 31.

**WEEKLY CONTENT OVERVIEW**

|   |                                     |  |  |  |  |
|---|-------------------------------------|--|--|--|--|
| <br><b>WEEK 1</b><br>Lifestyle is the Best Medicine | <br><b>WEEK 2</b><br>Optimal Eating | <br><b>WEEK 3</b><br>Optimal Activity    | <br><b>WEEK 4</b><br>Optimal Rest          | <br><b>WEEK 5</b><br>Fiber, Your New Best Friend | <br><b>WEEK 6</b><br>Building Health for Life    |
| <br><b>WEEK 7</b><br>Relationships & Social Support | <br><b>WEEK 8</b><br>Habit Hacking  | <br><b>WEEK 9</b><br>The Power of Plants | <br><b>WEEK 10</b><br>Mastering Motivation | <br><b>WEEK 11</b><br>Breaking Down Barriers     | <br><b>WEEK 12</b><br>From Surviving to Thriving |