

7-WEEK LIFESTYLE MEDICINE COURSE

Changing the Tide



Lauren Varney, MD, CHWC

September 26-November 21

No Program 10/3 or 10/31

6:30-8:30pm, Thursdays

Queensbury Activity Center, 742 Bay Road

(Building adjacent to Town Hall)

Topics include:

- Goal/Vision setting
- Nutrition education
- Sleep, stress, physical activity
- Gut health, brain health
- Reading food labels
- Navigate grocery store aisles

\$75 Resident • \$85 Non-Resident

Includes Dr. Ann's Eat Right for Life, by Ann G. Kulze, MD

For More Information and to Register:
recreation.queensbury.net



Queensbury
**PARKS &
RECREATION**

742 Bay Road, Queensbury NY 12804 | 518-761-8216