

Lifestyle Medicine for Men

Join us for a special **FREE** event for men.

A Health Talk for Men

When: March 5, 5:30 – 6:30 p.m.

Location: Kaiser Permanente Baldwin Park Medical Center
1011 Baldwin Park Boulevard, Baldwin Park, CA 91706
(Basement Conference Room B-1)

Joseph Lee, MD, Emergency Medicine, will discuss Lifestyle Medicine and how it involves the use of evidence-based lifestyle therapeutic approaches.

This includes a predominantly whole-food, plant-based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use, and more.

For more information or to register for this event, please call: **(626) 851-7763**.

This event is **FREE** and open to **ALL** men.

Friends and family of Kaiser Permanente members are welcome to attend.

All participants will be eligible to win a gift basket.



Board certified in
Emergency Medicine

