



**SPAULDING**<sup>™</sup>  
REHABILITATION NETWORK  
STROKE WELLNESS  
INSTITUTE

# PAVING the Path to Wellness:

## Thriving through the pandemic with Dr. Beth Frates

The Spring 2023 Spaulding Stroke Institute Wellness Program runs **virtually** weekly for 6 weeks starting Tuesday, March 14, 2023.

**Embrace what comes your way. Please join us for an exciting program for anyone who wants to improve their sense of well-being.** Twelve Steps to Optimal Wellness<sup>™</sup> is presented by Dr. Beth Frates, Lifestyle Medicine Pioneer, President-Elect of the American College of Lifestyle Medicine, co-author of *Lifestyle Medicine Handbook*, and it is Winner of Book Authority's Best Medicine Book of All Time.

Every week participants will be provided with exclusive access to on-demand video sessions of Dr. Frates' Twelve Steps to Optimal Wellness<sup>™</sup> presentations. Followed by an in person discussion with Dr. Frates to dive into the 12-Step plan for wellness.



Dr. Frates' 12-step plan for wellness helps people learn to build a healthy mindset through various lifestyle changes, which include creating a wholesome diet and exercise plan, regular sleep patterns, and forming powerful personal connections. Participants in this program will take each step together with Dr. Frates, discussing strategies to live life with vitality.

## Spring 2023 Session

**Dates:**

March 14, 21, 28  
April 4, 11, 18

**Time:**

12 p.m. - 1 p.m.

**Location:**

**Virtual via ZOOM.**

A link will be sent to you after registration.

**Cost:**

\$120 for all sessions

*Note: Scholarships available, please inquire.*

To register please use the link below:

**PAVING the Path:  
Thriving Through the Pandemic**

For more information, please email:  
**[srhstrokeinstitute@partners.org](mailto:srhstrokeinstitute@partners.org)**