

# partnership<sup>®</sup>

## HEALTH CENTERS

powered by Integrity Health

At *Partnership Health Centers South Brunswick*, we offer Lifestyle Medicine Consultations, where we do a deep dive into how you live your daily life and partner with you to develop strategies to improve your health.

We will address ways to optimize your nutrition, physical activity, stress management, sleep, social support, and use of substances to customize a plan that can work for you. Our goal is to assist you on your path toward wellness. We want you to do more than survive - we want you to thrive!



*Please contact us at 848-279-3001 to schedule your no cost consultation.*

