



MindStream Foundations Group Course

At Mindstream Integrative Medicine, we believe in taking a whole-body approach to health and well-being. Mindstream Foundations is an 8 week course designed to help you explore and optimize different areas of health including nutrition, sleep, movement, stress response, restoration, community, and connection. We believe that vibrant, lifelong health is built from a solid foundation. The purpose of this course is to create a safe space to help you create a foundation for your health, share, learn and explore with others doing the same.

Each week will cover a different topic in a hybrid of in person and virtual sessions. Accountability through a messaging group (via Slack) with course facilitators will be provided for the duration of the 8 week course. This course includes a workbook as a place for resources and reflection.

Who is this for?

If you're looking to...

- optimize your health and longevity
- improve your metabolic health
- improve quality of life living with a chronic disease or illness
- figure out where to start with prioritizing yourself
- find community, guidance, and expertise in reaching your health goals

...then this is for you!

Logistics:

-Thursday evenings from 5-6 pm CST

-March 21, 2024- May 9, 2024

Facilitators:

Dr. Susan Redmond - Double board certified Family Medicine and Integrative Medicine Physician

Amelia Brown Cremin - Integrative and Functional Nutrition Health Coach and Occupational Therapist

Cindy Jones - Registered Nurse and Certified Personal Trainer

Course Outline:

Week 1- *Welcome, goal setting, intro to mindfulness (in person)*

Week 2- *Introduction to Nutrition: Plate method and food as medicine (virtual)*

Week 3- *Nutrition pt. 2: Stocking an anti-inflammatory kitchen + gut health (virtual)*

Week 4- *Sleep/Restoration (virtual)*

Week 5- *Exercise/Movement (in person)*

Week 6- *Nutrition pt. 3: Blood sugar balance and metabolic health (virtual)*

Week 7- *Stress response (virtual)*

Week 8- *Purpose, Connection + Community: Putting it all together (in person)*

Investment:

\$450 for MindStream Members

\$600 for non-members

[Sign up here under "Group Courses"](#)