

Live longer, live stronger!

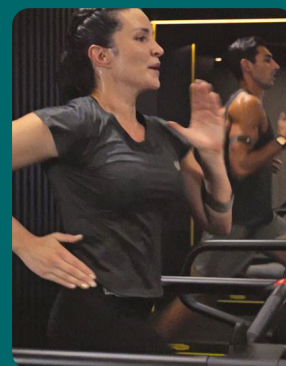
Attend a FREE **HealthyCare** session to take control of your health today

This **FREE** session covers:

- What is chronic disease and how it affects our community
- Taking charge of your health with small lifestyle changes
- How to take the first step
- Resources to help you get started



Scan the QR code to sign up for a **FREE** HealthyCare session and get started with Lifestyle Medicine services



Lifestyle Medicine



VALLEY MEDICAL CENTER



CLINIC LOCATIONS

Renton

4011 Talbot Rd. S
1st Floor
Renton, WA 98055
P. 425.690.3520
F. 425.690.9520

Maple Valley

24060 SE Kent Kangley Rd.
Suite D-100
Maple Valley, WA 98038
P. 425.690.3522
F. 425.690.9522

Covington

17307 SE 272nd St.
Suite 126
Covington, WA 98042
P. 425.690.3521
F. 425.690.9521