



# Healthy You: Fueling Your Health Journey

## Shared Medical Appointments

Introducing our Division of Clinical Nutrition’s Healthy Living Group Medical Visit Program! Join us every Tuesday from 6 - 7 PM as our physician specialists in Nutrition, East West and Preventive medicine and delve into essential topics on nutrition and healthy living. In today’s world filled with unhealthy food options, stress, and time constraints, discover practical strategies to prevent and manage chronic diseases through lifestyle changes. In each session, we will explore cutting edge science and evidence-based insights while offering practical recommendations to facilitate sustainable changes. We will also address any questions you may have along the way.

### GROUP VISIT TOPIC

<b>7/16/2024</b>	A Heart Healthy Lifestyle	<b>10/8/2024</b>	Hope or Hype? Popular Diet Plans
<b>7/23/2024</b>	Nutrition 101: What am I Really Eating?	<b>10/15/2024</b>	Maximize your Metabolism with Muscle
<b>7/30/2024</b>	Popular Weight Loss Diets: What Really Works	<b>10/22/2024</b>	From the Grocery Store to your Plate
<b>8/6/2024</b>	Artificial Sweeteners, the Good and Bad	<b>10/29/2024</b>	The Skinny on Fats
<b>8/13/2024</b>	Processed Foods and Portion Sizes	<b>11/5/2024</b>	Anti-inflammatory diet
<b>8/20/2024</b>	Nutrition for High Blood Pressure	<b>11/12/2024</b>	Nutrition and Cancer Prevention & Treatment
<b>8/27/2024</b>	Spice up your Life (and Decrease Salt)	<b>11/19/2024</b>	The Power of a Plant Predominant Diet
<b>9/3/2024</b>	Movement: An important piece of the puzzle	<b>11/26/2024</b>	Healthier Holidays
<b>9/10/2024</b>	Mindfulness, Sleep, and Stress	<b>12/3/2024</b>	Less Muscle, More Fat: The Dangerous Duo - Sarcopenia
<b>9/17/2024</b>	What color is your diet - Phytonutrients	<b>12/10/2024</b>	Mind and Body: Practicing Mindful Eating
<b>9/24/2024</b>	Eating Out with Confidence	<b>12/17/2024</b>	Super Charge Your Immunity
<b>10/1/2024</b>	Nutrition in Menopause		

**Q:** How will I access these visits?

**A:** You may access and join these visits via zoom. Once scheduled, our team will send you the link through the MyChart app. For more information on how to download MyChart onto your mobile device, please contact our **24/7 Patient Help Desk** at **855-364-7052** or email us at **myUCLAhealth@mednet.ucla.edu**.

Call **310-825-7921** or visit **uclahealth.org/medical-services/clinical-nutrition** to learn more or schedule into a session