

Lifestyle Medicine presents:

“AIM CORE 2018”

A Lifestyle Journey to prevent and treat
chronic medical conditions and lead to weight loss.

One Year Commitment

Starts Monday, January 8, 2018

5:30-7 PM



*The longest journey
begins with the first step.*



AIM CORE Explores:

Five (5) key lifestyle practices known to prevent and treat various chronic medical conditions and lead to weight loss. Topics include healthy nutrition, cooking, grocery shopping, exercise, stress management, addictions, healthy connections and other practices for long term sustainable lifestyle changes and improved well-being.

AIM CORE Provides:

24 hours with an interactive learning cohort in 16 sessions over 10 months for patients with chronic disease and weight management

Facilitated by Dr. Marissa Fernandez-Kiemele and Dr. John Kiemele. Please inquire about specific session dates.

Register by calling Sam Nearing at 425-317-8025



Western Washington Medical Group
Lifestyle Medicine
invites you to

“Living Well with Stress”

Two Mondays – January 15 & 29, 2018

5:30 p.m. to 7:00 p.m.

12728 – 19th Ave. SE (Suite 300)

Everett, WA 98208



Stressed at work or in relationships?
Exhausted by chronic frenzy?
Overloaded by changes?
Worn out by the pace of life?
Is stress affecting your health?

While we cannot always choose when and how stress hits our lives, we can learn to make choices in how we respond in stressful situations and transform the negative effects on our health and wellness.

“Living Well with Stress” introduces you to a variety of conversations and practical activities that increase personal awareness, restore focus and energy, build resilience, and support a more meaningful life.

Facilitators: Marissa Fernandez Kiemele, MD, and John Kiemele, PhD.

For more information and or to register call Sam Nearing, MA @ 425-317-8025.



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