



*THURSDAY, MAY 5TH*

Dear Patients:

Are you searching for a way to take your health journey to the next level? Our patients often tell us they want to energize and revitalize their life - but the challenge is finding how to begin. We've designed a brand-new, virtual Lifestyle Medicine Master Class and Well-Being series to cover everything you need to take that first step...and keep going! Each session, facilitated by Dr. Serna and Coach Sarah, is filled with unique strategies for exploring your inner strengths and enhancing your healthy lifestyle with self-care, nutrition, exercise and sleep. Our live, interactive group format also offers a remarkable opportunity to connect and engage with a like-minded community.

Interested? Our first session is complimentary for our patients and their invited guests! Please join us:

**Thursday, May 5th 1:00 - 2:00 pm  
on Zoom**

For more information, email us at [info@northcypresswellness.com](mailto:info@northcypresswellness.com) and save your spot.

Look for additional details on this exciting new series...coming soon!

**Live Healthy, Live Well.  
Dorothy C. Serna, MD, CWP, FACP**

Click below to visit my website for helpful updates and resources:

[www.drserna.com](http://www.drserna.com)



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