



# Skills Before Pills

## Shared Medical Appointment

### Accepting Patients Now

With a focus on Lifestyle and Culinary medicine, the group visits are led by a physician, Whitney Calkins, MD, and registered dietitian, Emily Stone, RD, with training in Lifestyle Medicine, Culinary Medicine, and health coaching. At every visit the pillars of healthy lifestyle is discussed, mindfulness practiced, gentle movement exercised, and culinary medicine experienced. Health goals are set and reviewed at each visit. Health & Wellness coaching is available and encouraged between appointments.

**Lifestyle Medicine** uses evidence-based lifestyle therapies to prevent, treat, and oftentimes reverse lifestyle related chronic disease. These sessions will focus on the pillars of healthy nutrition, regular physical activity, adequate sleep, emotional well-being, social connection and avoidance of risky substances.

**Culinary Medicine** is where health meets food. It is a new and evidence-based field in medicine that blends the joy of food and cooking with the science of nutrition and medicine. Special attention is given to how food nourishes and heals our body as well as the social, cultural and pleasurable aspects of eating and cooking.

**Appointments occur every other week** in the afternoons from 2-4 pm. In-person or virtual options are welcome. Sessions are interactive and you will set goals for your personal wellness at each session for now and for the future.

**Patients who participate in group visits benefit from the increased time with their health care team as well as from the connections they have with others with similar conditions.**

**If you would like to participate in Skills Before Pills or would like more information, please call our office at 802-847-8500**

**Please note, all insurances cover these visits as they are billed as a regular office visit. We will be glad to discuss any questions you may have.**

#### **FAMILY MEDICINE SOUTH BURLINGTON**

3 Timber Lane  
South Burlington, VT 05403

#### **SKILLS BEFORE PILLS**

Thursdays  
2 – 4 pm  
(every other week)

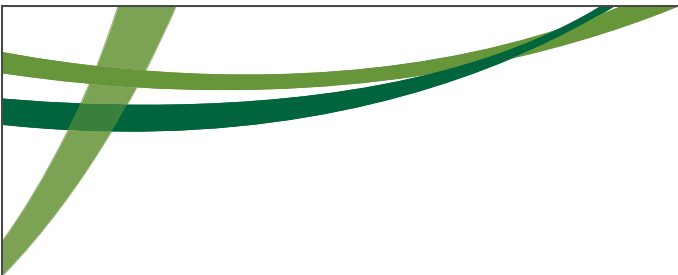
#### **LIVE OR VIRTUAL OPTION FOR ALL PARTICIPANTS**

**PHONE**  
(802) 847-8500



[UVMHealth.org/MedCenter](https://UVMHealth.org/MedCenter)

THE  
**University of Vermont**  
MEDICAL CENTER



Skills Before Pills is a fun, interactive group medical visit designed for patients with a desire to prevent, improve, or reverse their chronic diseases and for those who simply want to learn about a healthy lifestyle.

***Together we are stronger and have better health.***

