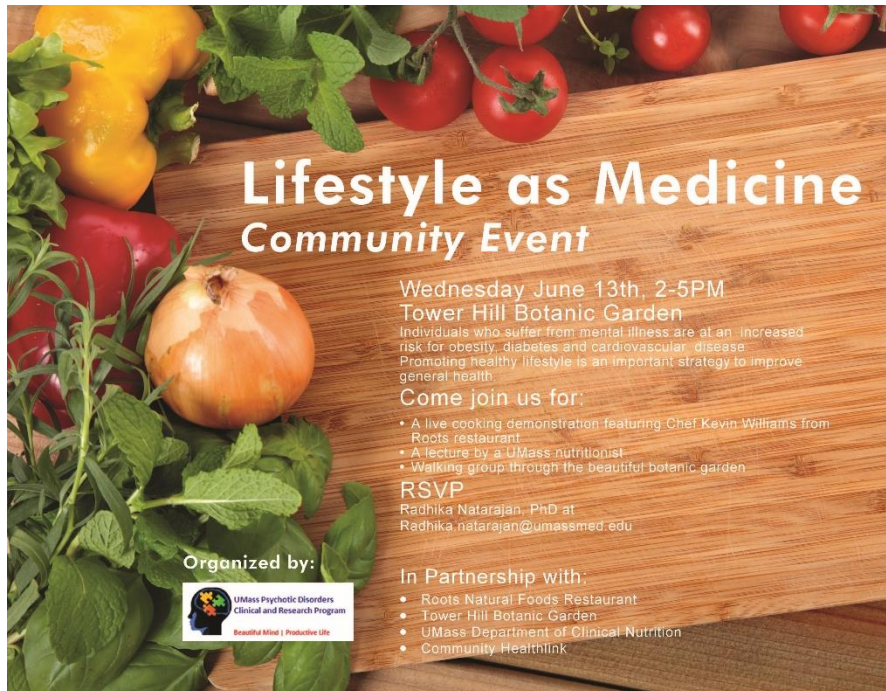


Community Event: Cooking Demonstration



Lifestyle as Medicine Community Event

Wednesday June 13th, 2-5PM
Tower Hill Botanic Garden


Individuals who suffer from mental illness are at an increased risk for obesity, diabetes and cardiovascular disease. Promoting healthy lifestyle is an important strategy to improve general health.

Come join us for:

- A live cooking demonstration featuring Chef Kevin Williams from Roots restaurant.
- A lecture by a UMass nutritionist.
- Walking group through the beautiful botanic garden.

RSVP
Radhika Natarajan, PhD at
Radhika.natarajan@umassmed.edu

Organized by:



UMass Psychotic Disorders
Clinical and Research Program
Beautiful Mind | Productive Life

In Partnership with:

- Roots Natural Foods Restaurant
- Tower Hill Botanic Garden
- UMass Department of Clinical Nutrition
- Community Healthlink

As a part of the Community Intervention Program- Severe Mental Illness (CIP-SMI), the UMass Psychotic Disorders Clinical and Research Program held a Lifestyle as Medicine community event. Many people living with severe mental illness suffer from obesity, diabetes and cardiovascular disease, partly due to a lack of education regarding nutrition and exercise. Additionally, due to the health disparity in this population, these individuals do not have the same level of access to care compared to the general population and may not receive proper treatment for their medical issues. This community event was designed to promote healthy lifestyles for individuals living with severe mental illnesses and improve the health disparity in this population.