

Rx

ELM Mental
Wellness



513.443.5243 EatLoveMove.net

PHYSICAL WELLNESS

- Nutrition, fresh/whole foods
 - Physical Activity, regular activity when you can
 - Sleep, 7-8 hours
 - Alcohol, Tobacco, other, cut down or quit with tools
 - Medication safety, storage, carry a list
 - Preventive Medicine, routine care and monitoring
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