



# RESOURCE GUIDE

(Updated 6.22.20)

## **American College of Lifestyle Medicine (Dr. Dexter Shurney)**

[www.lifestylemedicine.org](http://www.lifestylemedicine.org).

Founded in 2004, the American College of Lifestyle Medicine (ACLM) is the 4,000-plus member medical professional society for physicians and other professionals dedicated to clinical and worksite practice of Lifestyle Medicine as the foundation of a transformed and sustainable health care system.

## **American College of Sports Medicine (Dr. William Kraus)**

<https://www.acsm.org/read-research/trending-topics-resource-pages/heart-health-resources>

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world and is dedicated to advancing and integrating scientific research to provide educational and practical applications.

## **Eskenazi Health (CEO Dr. Lisa Harris, Sherry Hollingsworth RN)**

<https://www.eskenazihealth.edu/programs/nutrition-education>

Lifestyle medicine is a holistic, multi-disciplinary approach to health and wellness that focuses on six key areas: nutrition, active living, stress reduction, sleep habits, tobacco and alcohol use, and building relationships.

## **Ornish.com (Dr. Dean Ornish)**

Ornish Lifestyle Medicine™ by Sharecare is the first and only program that is scientifically proven to reverse the progression of heart disease.

**Lawrence Community Gardens (Sharrona Moore)**

<http://lawrencecommunitygardens.org>

We are committed to making fresh produce available to the beautiful community of Lawrence, Indiana.

**A Cut Above Nutrition (Leslie Muse, RD)**

[acutabovenutrition.com](http://acutabovenutrition.com)

Leslie Muse is a Registered Dietitian (RD) with more than two decades of experience in the areas of health and wellness.

**Mrs. Murry's Naturals (Iesha & Jason Murry)**

<https://mrsmurrysnaturals.com>

Mrs. Murry's Naturals (#TheBestOut) is specialized in vegan cuisine.

**Goshen Health (Ornish Heart Disease Reversal Program)**

<https://goshenhealth.com/health-library/ornish-lifestyle-medicine>

Goshen Health is recognized nationally for its excellence in patient care and Colleague satisfaction.

**Franciscan Health**

<https://www.franciscanhealth.org/>

Franciscan Health is a 12-hospital health system which includes clinics, home health services and doctors serving Indiana and Illinois.

**Columbus Regional Health**

<https://www.crh.org/about-us>

Columbus Regional Health's mission is to improve the health and wellbeing of people we serve.

**The Indianapolis Public Library**

<https://indypl.bibliocommons.com/list/share/1335602589/1623977119>

Since 1873, The Indianapolis Public Library has been an essential community resource that brings together people, information and ideas to enrich lives and support vibrant neighborhoods.

**sharecare.com**

Helping people build a longer, better life by enabling health transformation at the individual, organizational and community level.

**salubriouslife.info**

A virtual hub linking those interested in switching to a whole-foods, plant-based diet (WFPBD) to a Certified Vegan Nutritionist's favorite resources.