



You're invited to live and enjoy living a healthy life through weekly educational and personalized exercise sessions that use a CDC-approved curriculum.

The Invitation team walks patients through **healthy food choices, effective weight management strategies, stress management, goal setting, sleep improvement, fall prevention, and personalized exercise routines**—all to improve your quality of life and promote independent living.



Congratulations on taking the first step to a healthier you!

With this signed invitation, you are eligible for a free appointment with a health educator at Invitation. Our health educators work one-on-one with you to address your health needs, abilities, and desires.

Patient Name _____

Physician Name _____
(print)

Physician Signature _____

CONTACT US TO SCHEDULE AN APPOINTMENT

CALL: 765-998-4325 | **EMAIL:** invitationprogram@taylor.edu

Please bring this signed invitation, a copy of your latest blood work, and a copy of your last physician visit note to your first appointment.