

Wellness & Lifestyle Services

Comprehensive Services Addressing Your Whole Health



Our Wellness & Lifestyle Services use evidence-based therapeutic approaches, such as a plant-predominant dietary lifestyle, regular physical activity, adequate sleep, stress management, avoiding use of risky substances and pursuing other non-drug modalities, to treat, reverse and prevent chronic disease.

At the Republic Bank Foundation Optimal Aging Clinic, we offer a variety of in-house services including yoga, fitness classes, tai chi, acupuncture, and nutrition counseling. We also have a wide partnership network that allows us to refer you to services that you need to achieve your health goals.

Our Wellness & Lifestyle Services provide whole health approaches tailored to help patients achieve health and well-being

OUR SERVICES INCLUDE:



Acupuncture

Tuesdays & Thursdays, 1:00 pm - 6:00 pm



Fitness Classes*

Get Moving with Gray



Massage Therapy

Fridays, 12:00 pm - 5:00 pm



Nutritional Counseling

COMING SOON!



Tai Chi Classes*

Intro to Tai Chi, Tai Chi for Beginners, Tai Chi Practice



Yoga Classes*

Chair-Based Yoga

**VIRTUAL OFFERINGS*



204 E. Market St., Suite A, Louisville KY
502-588-4340 | www.TragerInstitute.org



Call 502-588-4340 or visit www.tragerinstitute.org/wellness-lifestyle-services to learn more about our Wellness & Lifestyle Services