

EXERCISE IS MEDICINE®

Research shows that exercise has a role in the treatment and prevention of more than 40 chronic diseases, including diabetes, heart disease, obesity and hypertension.

The Exercise is Medicine (EIM) team from The Ohio State University Wexner Medical Center works with your physician to help you successfully start and maintain an exercise program individualized to reach your health and wellness goals.

If you're ready to begin, ask your health care provider for a referral to Exercise is Medicine.

For more information, visit go.osu.edu/eim, email exerciseismedicine@osumc.edu or call 614-685-2221.



Free webinars on wellness topics are open to all community members on the first Tuesday of the month at 5 p.m.



**THE OHIO STATE
UNIVERSITY**

WEXNER MEDICAL CENTER

**Scan the QR code
to register now.**

