The Flow of the THRIVE Program

1. Provider appointment with Dr. Katie Findlay, MD, MPH

2. Each Simple Health-Thrive Monthly Group Meeting (on 4th Wednesday) will consist of:
   - 1:1 Provider Check-in 1:00 - 1:30 and Meeting from 1:30 - 3:00 pm
   - Formal education with Lynn Huiskamp, NB-CHWC, Cheri Rott, MS, RDN, CD and Dr. Findlay
     First 4 months will cover Nutrition, Activity, Stability topics
     subsequent visits cover topics of interest with guest speakers such as therapy, Fitness Center, etc.
   - Unique Nutritional & De-Stressing Tools
   - Individual Goal Setting with the help of the team
   - Excellent Support for lifestyle change and improved health

If you have questions or would like to schedule an appointment with Dr. Findlay call 715-684-1111.