



# Are you ready to live your healthiest life?

New Hope Medical Consultants can help you reduce your risk of many of the most common chronic diseases including:

- High Blood Pressure
- Heart Disease
- Obesity
- Diabetes
- Sleep Apnea
- Insomnia
- High Cholesterol
- Depression
- Anxiety
- Stress

## Services

What you eat, how active you are, the amount and quality of sleep you get, the level of stress you experience — each of these directly impacts your overall wellness! By making simple changes and smart choices, you can improve your lifestyle to feel your best and become healthier.



### Individual Consultations

Reduce or even eliminate your chronic disease and symptoms with 1-on-1 sessions.



### Group Class

Improve your overall quality of life by learning about and making healthier choices.



### Public Speaking

Share the good news about a smarter lifestyle and better nutrition.



### Mental Health First Aid

Build mental health literacy to identify and address mental health or substance use challenges.



### Workplace Wellness

Bring better health and improved productivity to your workplace.

► Looking for a more personalized session? Contact me to learn more about a comprehensive health assessment, a review of your medications or an evaluation of your lab results.



Faith Burke FNP-BC, GNP-BC,  
DipACLM-Certified Lifestyle  
Medicine Professional,  
Mental Health First Aid Instructor

Hi, I'm Faith and I've spent the past 30 years helping individuals improve their quality of life.

As an experienced Family and Geriatric Nurse Practitioner, I recognize the devastating effect that poor lifestyle choices have on health. With education, encouragement and support, my patients have adopted and maintained healthy behaviors that have dramatically improved their quality of life.

Let me show you how you too can live your best life, simply by making one better choice at a time.

Schedule a consultation or join a group class today.

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