

About the VCC Lifestyle Medicine Clinic

Evidence overwhelmingly supports the effectiveness of Lifestyle Medicine to manage, prevent and even reverse many of our most common diseases including high blood pressure, cholesterol, diabetes, obesity and heart disease. VCC is committed to incorporating Lifestyle Medicine into the management of your cardiac risk factors and heart disease. Dr. Askew and Lauren Bock, PA-C, developed the VCC Lifestyle Medicine program in 2021 with a successful goal to offer both individual and group/shared medical appointments to help you in your health journey.



Pillars of Lifestyle Medicine

1. Plant-predominant eating pattern
2. Restorative sleep
3. Positive social connections
4. Avoidance of risky substances
5. Stress management
6. Physical activity

WE ARE PLEASED TO SERVE YOU AND LOOK FORWARD TO HELPING YOU ACHIEVE YOUR HEALTH GOALS

Available programs

INDIVIDUAL

Your first appointment with the Lifestyle Clinic is an individual appointment where we will discuss your current health conditions and concerns and develop a personalized plan to achieve your health goals.

SHARED MEDICAL APPOINTMENTS

Join us for a 7-class course on the fundamentals of Lifestyle Medicine. We meet weekly for 7 weeks as a group to cover a vast amount of information including nutrition, stress management, sleep hygiene, substance use, social connections and physical activity. These are the key pillars to reducing your cardiovascular disease risk. Classes are held at the VCC main office in our conference room.

HYBRID

The ideal blend for those looking to make intensive lifestyle changes. Enjoy the support and camaraderie of the group program with the personalized approach of one-on-one consultations.

VIRTUAL

Individual and Shared Medical Appointments are available as virtual/televisits via Zoom.



Lauren Bock, PA-C, DipABLM

Lauren is a 2007 graduate of the MPA program at Eastern Virginia Medical School. She is board-certified in Lifestyle Medicine, bringing passion and knowledge to the VCC Lifestyle Program.

Lauren enjoys educating and empowering her patients to improve their health, reduce medications, and developing a personalized approach to cardiac wellness. She leads the FXBG chapter of Walk with a Doc.



CONTACT US

Office

1201 Sam Perry Blvd, Ste 280

Phone

540-361-2922

Website

<https://vacardiovascular.com/>

Email

vcclifestyle@vcc4life.org



AMERICAN COLLEGE OF
Lifestyle Medicine



Lifestyle Medicine Clinic

Lauren Bock, PA-C, DipABLM
Dr. Jeffrey Askew, MD FACC

