



TRANQUIL HORIZON
— HEALTH AND WELLNESS —
— of Central Texas LLC —

HEALTH AND BEHAVIORAL
MEDICINE CONSULTING



PREVENTION

Chronic Disease Prevention

Turning health knowledge into realistic, sustainable action

Small, supported actions can protect long-term health.



WHY IT MATTERS

Chronic disease prevention works best when medical guidance is supported by practical behavior-change strategies, realistic routines, and environments that make healthy action possible. Small repeated actions can influence blood pressure, blood sugar, cardiovascular risk, energy, sleep, and long-term functioning.

REAL-WORLD EXAMPLE

Two people may share a family history of cardiovascular disease. One builds a walking routine, chooses balanced meals, attends preventive visits, manages stress, and follows medical recommendations; the other faces barriers that make these actions difficult. Their risks may develop differently even with similar genetic vulnerability.

Three connected areas shape the outcome.

EDUCATIONAL TAKEAWAY

Prevention is not one perfect decision; it is a pattern of manageable actions supported by confidence, routines, access, and follow-up.

1

DAILY BEHAVIORS

Nutrition, activity, sleep, stress management, adherence, tobacco and alcohol use, and preventive care.

2

READINESS & CONFIDENCE

Goals are more sustainable when they fit motivation, capacity, culture, routines, and readiness.

3

PRACTICAL SUPPORTS

Time, cost, transportation, family, job demands, safe environments, and access can enable or block action.

EXPLORE SERVICES • 512-943-2288

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HOW WE CAN HELP

- Personal wellness action planning
- Stress and physical well-being education
- Chronic health support
- Healthcare-visit question preparation
- Routine and adherence support

CONNECT WITH TRANQUIL HORIZON

512-943-2288

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NON-CLINICAL • EVIDENCE-INFORMED

Education, coaching, and consultation that complement licensed healthcare. Services do not include diagnosis, psychotherapy, psychological testing, crisis intervention, or medical treatment.