

## **Flyer No. 2 for Individual Workers**

### **A New Decade Is Approaching.**

### **Making Wellness a Priority**

### **Creating Value for Society**

### **Helping Business Manage Wellness**

### **Teaching Evidence -Based Wellness**

### **Learning Chronic Disease Prevention Strategies**

### **Measure-Analyse-Identify-Prioritize-Motivate**

The year 2020 will bring us symmetry in Wellness. The start is learning Wellness from healthcare professionals, the media, and from friends and family. Transferring Wellness knowledge into Wellness actions is the next step. We help with that. Here now, is the problem that has to do with Wellness. Wellness is multidimensional. That is the first problem. Secondly, people want things quick and fast, and done for them. But, Wellness needs to be done for one's self. Wellness needs time. Wellness Risk Management offers solutions.

- We have a Wellness Knowledge, and Wellness Action program, to measure and analyse how effectively and efficiently people are applying Wellness principles and chronic disease prevention strategies.
- Our no cost to business program helps keep a business work force healthy and happy.
- Wellness Risk Management is at the Self-Help end of the science spectrum.

We would be happy to discuss how to implement Wellness Risk Management in your business and set up an in-house Wellness Risk Management Instructor program. Please contact us to arrange an interview with us.

**Email:** [info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)  
**Web Site:** <https://WellnessRiskManagement.com>

**For Business and Industry:** <https://ChronicDiseasePreventionStrategies.com>  
**About Dr. Ouellette:** <https://ChronicDiseasePreventionStrategies.com/about.html>

#### **Please Note:**

The Wellness Risk Management program is not affiliated with any health care profession, is outside the OHIP structure in Ontario and is not covered by third party insurance plans. Costs are covered by the client seeking Wellness.

**See** <https://WellnessRiskManagement.com/wrm-workshop-fees.pdf>

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