

PDF Electronic Business Card
Wellness RISK Management

Measure

Assess - Identify - Prioritize

Motivate

S M A R T

Specific Measurable Attainable Relevant Time-Based
We focus on Helping Workers with Wellness Self-Help Strategies.

Wellness RISK Management measures
Wellness **RISK** then teaches courses and
workshops on compliance with the sciences on
multidimensional Self-Help Wellness.

Making Wellness a Priority - Helping Business Manage Wellness
Creating Value for Society - Teaching Evidence-Based Wellness
Making Wellness a Priority

Difficult things in Wellness

The **WRM Model In The Wellness Milieu**

Different people find different things difficult to do on a regular basis. In Self-Help Wellness various strategies span five major topics we call Pillars of Optimal Health Secrets. Most people know about nutrition and exercise. The other three are less commonly understood. It is not possible to guess at what a specific person will find difficult. We have to measure the individual against the science. The resulting numbers tell the story.

Wellness RISK Management (WRM) measures people against the science on all five pillars and includes several other important indicators of Wellness. Thirty eight Numbers result in a **WRM** Wellness Profile indicating priorities for this person. Knowing Wellness numbers is just the beginning. Workshops help people modify their priorities and focus on what is important to them at the present time. **Wellness RISK Management** is a program for people who want to learn how to help themselves with **Chronic Disease Prevention Strategies**.

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Transitioning to Wellness Risk Management - Instructor/Coach/Guide

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<https://WellnessRiskManagement.com> - <https://WellnessRisk.com>
<https://ChronicDiseasePreventionStrategies.com>