

The Wellness Roadmap

Wellness Risk Management is all about taking care of yourself.

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<https://WellnessRiskManagement.com>

<https://WellnessRisk.com>

<https://ChronicDiseasePreventionStrategies.com>

1. First one gets **MEASURED** to find out where their Wellness priorities are.
2. Then one starts on the **Roadway to Optimal Health Secrets and Chronic Disease Prevention Strategies**.
3. Using their action plan from their **Wellness Report of Findings**, a person learns how to help themselves.
4. A strong heart, strong lungs, strong muscles, strong bones, strong mind and a strong immune system are some of the things a person needs to build Wellness within. Measurement shows the way.
5. Measurement scores generated in the anonymous online program build a comprehensive **Wellness Profile**.
6. Thirty eight scores tell the Wellness picture, a story about where a person is on the Wellness scale and where they are going. Sometimes they are going nowhere with regard to better Wellness.
7. **Workshop help** is available to those who need to troubleshoot problem areas.
8. Most people need some form of help at one time or another.
9. Feeling better, living longer, being happier staying healthy are the goals.
10. **Chronic Disease Prevention Strategies** are at hand.

Wellness Risk Management is all about **Making Wellness a Priority**.