

Wellness Risk Management

info@WellnessRiskManagement.com

Flyer: How to Get Started

Risk

- Wellness can be thought of as a twofold problem. Problem number one is knowing where your **Wellness Risk** lies. Most people just take a stab at it and guess. We Measure.
- Problem number two is learning how to correct the risk while getting proper motivation to stick with it. Sticking with it is really a key point.

If you think you need help with Wellness (research shows most people do), then hire a Wellness Risk Management Aid. Dr. Ouellette, DC, MS would be happy to function in that capacity during this time of stress.

- Get on the road way to **Making Wellness a Priority**.
- Check out our three web sites.
 - <https://WellnessRiskManagement.com>
 - <https://WellnessRisk.com>
 - <https://ChronicDiseasePreventionStrategies.com>
- Then simply send us an email to info@WellnessRiskManagement.com.

Ask to be put on the **Wellness Risk Research Program** for \$79.95 CAD one time payment. That will give you four Wellness Risk Measurements and four hours of contact time with Dr. Ouellette. We will take care of the enrollment, account creation tasks and sending the forms to you for the anonymous measurement.

It's time to learn where your **Wellness Risk** lies and get your **Wellness Risk Management Action Plan** with your 38 scores in the Wellness Risk Management **Progress Chart**.

Contact us today.