

# Wellness Risk Management (WRM)

Making Wellness a Priority - Helping Business Manage Wellness

Creating Value for Society - Teaching Evidence-Based Wellness

WRM helps a company **build** Wellness in their workforce.

**NEW Follow the Science PILOT Wellness Program**  
**Help for Worker's Wellness, Cost Free to the Company**

Flyer, Poster No. 1

By Dr. Victor Jean Ouellette, DC, MS

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**THE IDEA** is to help a person become a better person. To accomplish that we **MEASURE** people on Five Pillars of Optimal Health Secrets.

1. Nutrition
2. Exercise
3. Spinal Health
4. Rest & Relaxation
5. Attitude & Perspective in Life

We teach people to follow the science in the **Self-Help** field. We teach people how to help themselves. In order to get going, we need to have a company's management team on board, and the individual worker on board. To accomplish that we have an enrolment process for each.

**Please Make Note,** Wellness Risk Management is not affiliated with any companies or organisations, either professional or otherwise.

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Transitioning to Wellness Risk Management - Instructor/Coach/Guide

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retired Certifications: DNM, RNP, Cert. Acup.