

# **Wellness Risk Management (WRM)**

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Flyer, Poster No. 3, (with No Tear Offs)

NUTRITION  
EXERCISE  
SPINAL HEALTH  
REST & RELAXATION  
ATTITUDE & PERSPECTIVE

**We measure them all anonymously.**

We find the **Self-Help** science people need.

**Become the rose that you know deep down you really are.**

Enrol in our program today.

(We place a company's workers and management  
into separate statistical research cohorts.)

**What are your 38 Wellness Risk Numbers?**