

# The Wellness Continuum

(A continuum is a set of ongoing processes. )

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Wellness is a continuum of growth, injuries, healing, aging, adaptations and mental attitude strategies as coping skills.

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We cannot avoid the injuries, healing and ageing because that is our natural genetic biology. However, we can **learn**, we can **discover**, we can come to **understand** the science and we can **adapt**. The learning and adaptation processes most often require help. Help is here.

**Wellness Risk Management (WRM)** is about that discovery process and strategies to troubleshoot difficult areas in the continuum. **Wellness Risk Management Measurement** and **Workshops** provide the help people need.

The Workplace is the place we start. If you are reading this poster in your workplace then your company is with us to help you **Make Wellness a Priority**.

Email **WRM** today with your name, the name of your company and the address that you work at.