

Follow the Science PILOT Wellness Program

Flyer, Poster No. 5

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Wellness Risk Management (WRM)

Self-Help, Self-Help, Self-Help is the goal.

- 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.

It's time for us all to Make Wellness a Priority.

1. For an initial review, read the first page  LifestyleHelp.ca
2. Then the first page  HealthAmplification.com
3. Then the opening page at WRM  WellnessRiskManagement.com
4. Arrange an in-person meeting with WRM to discuss this new Non-Therapy model.

This **Follow the Science** document is intended for a company's management team's final decision makers, rather than an HR department. Wellness Risk Management is a new non-therapeutic, **Self-Help**, Wellness program to **MEASURE Wellness Risk** and provide improvement **WORKSHOPS**. Workers will be asked to invest time, and effort, in themselves to improve their various Wellness lifestyles, and address specific prioritized needs. I am offering my services to help a company's workforce build strategies with **Lifestyle Help, Health Amplification, Health Regeneration, and Wellness Risk Management** at the **Self-Help** end of the Wellness spectrum. At Wellness Risk Management help is offered to business and industry to set up a **Wellness Risk Management Directorship Program**, either in-house or externally, targeting science-based **Wellness Risk** leading people to Chronic Disease Prevention Strategies.

The pilot program measures people for five pillars of Wellness along with some additional pertinent clinical indicators, then offers a workshop program to help people comply with the science more effectively. The goal of the pilot program is to determine if there is enough interest, by individuals in a company's workforce, to sustain a Wellness Risk Management **Instructor Directorship** Program. I would be happy to meet with your management team to discuss this new Wellness model and how to implement the pilot program in your company.

The Wellness Risk Management program is structured to be **cost free** to the company. Individual workers interested in improving their Wellness can enrol in the Wellness Risk Management PILOT Research Program for an affordable fee. Please contact us to learn more.