

Five Factors

There is a coupling of five factors vitally important for optimal health and Wellness. These five pillars are all **Self-Help** factors. There are no specialized healthcare providers necessary. Science has already clarified the rules and lead the way to the Self-Help strategies. It is up to people to take these strategies into their lifestyle or not. The choice is there for the taking.

Although nutrition and physical exercise have received most of the media attention the other three pillars of Wellness are equally important. These five pillars have been collectively called **Dr. Ouellette's Five Pillars of Optimal Health Secrets** some decades ago. They are all measured by the **Wellness Risk Management** program when a person enrolls.

Enrolment with the Wellness Risk Management program is now done through a person's workplace. Best to contact us first as we are inaugurating Wellness Risk Management in 2023.

Businesses enrol for free whereas individuals pay an enrolment fee for four hours of workshop time and a measurement every three months over the period of one year. Contact us please for details. The goal is to help people become independent in the Self-Help field of Five Pillar Wellness strategies.

Enrollment

The **Wellness Risk Management Follow the Science PILOT Wellness Program** requires a person's company to be enrolled and the worker to be enrolled.

To get going, contact us at info@WellnessRiskManagement.com
