

Our Wellness Web Site Network

Our website network has been created, developed and produced by Dr. Victor Jean Ouellette, DC, MS from decades of clinical practice to help people help themselves with new Self-Help Wellness strategies. Healing oneself is the highest form of healthcare that a person can receive. Doing that properly, in control, and following the science is what we teach at Wellness Risk Management.

Wellness entails the maintenance of Wellness, and the Return to Wellness. Return is required after sickness or injury. Regeneration is required after a long loss. An important guiding principle is that most people cannot do this all alone. There is too much and people are too busy. Where then do people get the help they need to help themselves? Where is the authority on this matter? Who is the authority on this matter. With regard to Wellness the answer was “No where and No one.” **Wellness Risk Management** has taken the lead with two a part program. Measure people and then provide workshops to help people individually or in small groups.

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