

Concepts on lifestyle modification, lifestyle improvement, and **Wellness Risk** are sometimes difficult to learn because they are dealing with the way we behave and the way we think. People often get entrenched in their ways of behaving and their ways of thinking. When those ways hurt a person it often becomes difficult to break out of that rut. The science is there to help us help ourselves. It requires repetition many times until the **Self-Help** becomes a habit.

**Wellness Risk Management helps measure  
people, then helps them break out of old past  
harmful ways of behaving and thinking.**

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To get going, contact us at [info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)

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