

Well, we don't really 'know' your 'PARTICULAR' needs, - - yet. But, we know you have needs. We all have needs. We know what categories of behaviours your needs fall into. Once we measure you, then we will know prioritized things you can do to help yourself. Measurement is always ANONYMOUS. We have a plan to help you help yourself. The PLAN is codenamed to your particular needs.

It is because of clinical experience that we can identify the Wellness needs of a person based on how they are living their lifestyle. The data in the Self-Help field is such that people can apply it to their own lives if they wish to improve. Once the needs are identified with a particular client, then the jobs of helping that person achieve those written goals involves helping the client make adjustments to their lifestyle in small ways that can build on each other to become major improvements. Workshops are where this Wellness phase is accomplished.

Right now most people's Wellness needs are wrapped up and buried under layers of 'stuff' keeping them hidden from the surface. Unwrapping these needs can be easy and as fast as opening Christmas presents, or slow and easy like opening a Valentines present. A key ingredient is to get started. A journey never starts without taking a first step.

Find out where you are at according to the science on Self-Help Wellness. Get measured for **Dr. Ouellette's Five Pillars of Optimal Health Secrets**.

You don't have to wait until you crash and burn. You can start slowly now. Contact **Wellness RISK Management** today.

The first step to Wellness needs to be taken by you.

You need a team. **Wellness RISK Management** can be part of that team.

Info@WellnessRISKManagement.com

If you are shy, quiet and pensive then we can help. We might suggest you take up 'Lead and Follow' dancing. If you are active, robust and full of energy then we might suggest you take up an active sport in addition to 'Lead and Follow' dancing. Dancing is good for the brain and the body so, dancing is good as a companion activity and for single people. You don't need a steady partner to learn to dance.