

# How to Get to the Important **Wellness Strategic Points** By Dr. Victor Jean Ouellette, DC, MS

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**For Wellness Strategies we need to understandable our body, complex as it is. That means we need to know what is good for it and what is bad for it.**

The best way to learn about our body's needs is through science. The problem is, our body is made up of many organs and many systems. Science has a lot to say about each of them. With some of the science we have no control over it, while some of the science we do have control over. So, our Wellness job is to learn what science we have control over, so we can deliver **Self-Help** to ourselves. This will make us better workers and better thinkers.

**At **Wellness RISK Management** we have an online, anonymous, comprehensive program that does that measurement for us and all we have to do is answer a bunch of questions.**

What is the key to learning reading, writing and arithmetic? Answer: Repetition. What is the key to learning **Wellness Strategies**? Answer: Again, **Repetition**. It is the repetition of things that are good for our body and mind that humans are not so good at.

**We offer the repetition that science says are your priorities right now in your life.**

**What We Do at **Wellness RISK Management**  
Measure - Assess - Identify - Prioritize - Motivate**

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**Contact us today and learn how we can help you become a better person.**

**Making Wellness a Priority  
Teaching Evidence-Based Wellness  
Helping Business Manage Wellness**