

The Wellness Needs People Have

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**Well, we don't know your particular needs just yet.
However, we have a plan to solve that.
Is this Important?
Well, YES.**

Wellness RISK Management helps people identify **Chronic Disease Prevention Strategies**. At the same time we show people how to identify and improve their other Wellness needs. We provide one-on-one contact to help people build new behaviours identified by the measurement process. Lowering **Wellness RISK** helps prevent harmful health events from happening to them.

Before a person can help themselves they need to know where their **RISK** is at. Online **Measurement** solves this problem. Once the **RISK** is known the **Action Plan** becomes evident. It is that **Wellness RISK Management ACTION PLAN** that most people need help with. The solution to that problem is one-on-one human connection. We are that help.

We provide the help to **Make Wellness a Priority**. We Show people the way toward **Optimal Health Secrets**. We show people how to use **Dr. Ouellette's Pain Relief Diet** to reduce pain, and for weight loss, if they have those needs as well. A comprehensive program is now available to **Make Wellness a Priority**.

Healthcare requires a team of people to be successful. We help people become part of their healthcare team. There are a number of things a person can do to help themselves feel better and be better. Our Wellness business strategy is to identify each person's individual needs then help them address each need in a prioritized fashion directed by the person themselves.

<https://WellnessRISKManagement.com>

Contact us today.

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**Self-Help strategies discovered in a Chiropractic practice
in Southern Ontario, Canada between 1973 and 2023**