

Eight Weeks to Wellness[™]

Eight Weeks to Wellness[™] is an up-to-date, ready-to-use, common-sense health outreach package promoting a balanced lifestyle. Positive lifestyle behaviors are encouraged. This broad lifestyle improvement program is presented in PowerPoint[®] format in eight weekly 60-90 minute sessions. Participants use a 40-page guide for additional information and to record daily progress. This program is suitable for use in homes, churches, and corporations.

Eight Weeks to Wellness[™] combines the latest evidence-based population health research and tested behavior change principles to help participants achieve a healthier lifestyle. Research from world-renowned journals as well as guidelines from the National Institutes of Health are referenced on each graphic as appropriate. Promotional and resource materials are included.

There are more than 350 graphics.

Weekly Topics:

- Developing a healthy lifestyle
- Becoming more physically active
- Choosing healthy fats
- Choosing healthy carbohydrates
- Achieving and maintaining a healthy weight
- Enhancing mind-body connections
- Coping with stress
- Preventing disease and getting appropriate health checks

Each Coordinator's Guide Includes:

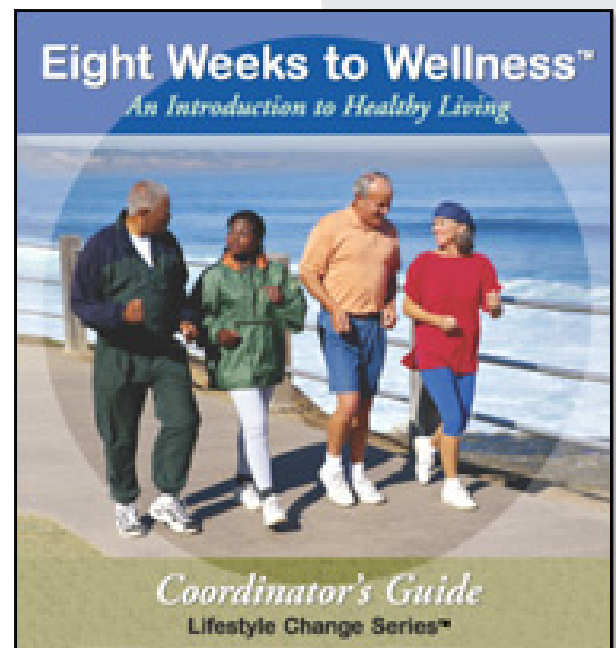
- Suggestions for implementing the program and samples of CD materials
- An overview of and a comprehensive plan for each week's session
- Speaker notes for each graphic in each presentation
- CD with eight PowerPoint[™] presentations, promotional materials, resource materials, handouts, and certificates of completion
- A sample of the participant's guide

Each Package includes:

- Speaker notes for each slide, a sample self-scored survey
- CD with the PowerPoint[®] presentation, the survey, and other resources

System requirements for PowerPoint[®] presentations:

Microsoft Windows 95 or higher. MS PowerPoint[®] viewer is included.



For more information or to order:

Call: 800-533-9355

Email: lifelong@wellspring.com

Visit: www.wellspring.org

About LifeLong Health[®]

LifeLong Health[®] is a product line of health resources for corporate and community health outreach. Wellspring, Inc., is a leader in corporate health assessment and prevention systems. The LifeLong Health[®] product line is based on current evidence-based scientific research, and is designed for health leaders to use as effective lifestyle interventions. Each resource is based on population research and offers common-sense recommendations. LifeLong Health[®] products are not intended to be a substitute for professional medical care.