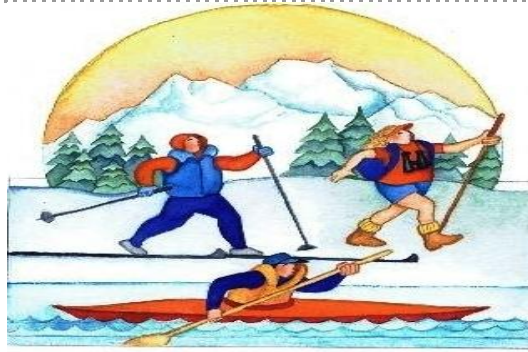


SEWARD COMMUNITY WELLNESS PROJECT



SEWARD WELLNESS FOR ALL

DO YOU NEED TO IMPROVE YOUR HEALTH?

DO YOU KNOW YOUR:

- **BLOOD PRESSURE?**
- **WEIGHT/BODY MASS INDEX?**
- **CHOLESTEROL?**
- **BLOOD GLUCOSE?**

Seward Wellness for All Community Group, comprised of city-wide organizations, has received grant funding to provide free health screenings, gym memberships and dietary wellness coaching to a limited number of Seward residents.

Free Know Your Numbers Screenings

- 100 Seward residents will receive an initial screening consisting of:
 - Weight/ Height --Blood Pressure / Resting Pulse --Abdominal Circumference
 - Diagnostic Blood Testing for Cholesterol and Glucose
- 70 chosen project participants will receive quarterly follow up screenings along with:

Free Gym Membership and Fitness Counseling

Free one year Gym memberships with fitness coaching, group fitness classes and personal training included for 70 of the selected volunteers!

Free Dietary Wellness Coaching

Free dietary wellness coaching for one year for 70 of the selected volunteers, including monthly nutrition classes. Access to Life Balance web based tools and discounts are also included!

****If chosen for this project, a one time physical will be required by your provider of choice.*

How To Get Started:

- Fill out the **pre-assessment Questionnaire** found at the hospital and also on www.sewardwellness.com or www.cityofseward.us (under Residents-Health & Wellness Resources)
- Complete and drop off/mail/fax/email form to Jessica Arrigo at Providence Family Medical Clinic by October 7th, 2011. Anticipated start date for program benefits is Nov. 1st, 2011.
- You will then be contacted if you qualify for this Community Wellness Project

For more information, please call 224-2878

Sponsored by: Seward Wellness For All

