



Appleton
Area Health

WHOLE PERSON WELLNESS PROGRAM

What is the Whole Person Wellness Program?

- *The Whole Person Wellness Program focuses on proactive medicine for your best quality of life.*

How does the program work?

- *The program takes an individualized approach for weight loss, stress reduction, health concerns or any area of wellness you are looking to improve. If able, we will take a non-medication approach and encourage small behavioral changes for long-term benefits.*

Our test group of three participants collectively lost 21 pounds and reduced their triglycerides by 177 points in 3 months. Data also showed they felt less stressed, felt good about their wellness plan and improved their overall knowledge on wellness. (Individual results may vary, but this is given as a sample of what WPWP may help you to achieve!)

Enrollment is open for the next cohort from May 15-31. If you are interested in participating, please see the front desk for an intake packet which must be completed and returned by May 31st. Visits will begin the first week in June. Space is limited.



Questions?
320.289.1580

