

wellness

Guelph Wellness Initiative

www.guelphwellness.ca

What is the Guelph Wellness Initiative?

The Guelph Wellness Initiative is a program of the Advanced Foods and Materials Network (AFMNet), a not-for-profit organization in Guelph. The goal of the program is to optimize the wellness potential of everyone who lives and/or works in Guelph. The Guelph Wellness Initiative promotes health and wellness programs already established in Guelph; addresses gaps in current wellness initiatives; empowers individual participants with knowledge of their own current health status and; opens pathways to better lifestyle choices.

How Can **YOU** Get Involved?

The Guelph Wellness Initiative is seeking participants! If you are interested in boosting your level of wellness, maintaining your current health level or understanding more about your wellness options in the city of Guelph - this initiative is for you!

We are seeking people of all ages, ethnicities, socio-economic standings and health and fitness levels. Visit guelphwellness.ca to join!

What does it mean to be a participant?

It means you sign up and tell us a bit about yourself. You will also need to attend a short health clinic where 5 clear and understandable physical markers will be measured to establish your baseline of wellness: your balance, blood glucose, blood pressure, Body Mass Index (BMI) and flexibility. These clinics are run by registered nurses and are hosted at local venues.

What is the time commitment to be a participant?

This is ultimately up to each participant. You can be as involved as you like. At minimum, we ask that you log in to your Wellness Profile from time to time to update your status and complete your questionnaire. If you want to get more involved, however, there are many options - being a neighbourhood ambassador or community champion, bringing Guelph Wellness to your place of work, hosting local events - the sky is the limit!

To learn more, please visit guelphwellness.ca or contact **Paula Allen**, Project Coordinator, at 519-822-6253 ext 56514 or via email at paula.allen@afmnet.ca.

