

Personal Health
Assessments start
June 8, 2015

GET READY FOR YOUR **HA**

WELCOME TO THE “Get Ready for your Personal Health Assessment Program”

- This email based program is designed to help improve your health status by addressing the different categories on the Personal Health Assessment.
- You can choose what categories you'd like to improve and learn the skills associated with improving them.
- You'll receive weekly emails on the various topics
- Meet with Nurse Sandy to receive more information and tips to improve your health. To schedule an appointment please call 1-800-528-7883.

MAY – JUNE 2015

Week 1: Increase HDL (Good) Cholesterol and Decrease LDL (Bad) Cholesterol & Triglycerides

Week 2: Lower Blood Pressure

Week 3: Exercise & Healthy Hydration

Week 4: Target Glucose (Blood Sugar)

With Nurse Sandy

Date: May 18 – June 12, 2015

Duration: 4 weeks

- Week 1: Increase HDL Cholesterol and Decrease LDL Cholesterol & Triglycerides
- Week 2: Lower Blood Pressure
- Week 3: Exercise and Healthy Hydration
- Week 4: Target Glucose

How to sign up:

Email Sandy at

wdpsdcareteam@bellin.org

NURSE SANDY'S HOURS:

DISTRICT OFFICE:

1st & 3rd Tuesday 12:30–2 pm

HIGH SCHOOL:

1st & 3rd Tuesday 2:30–4 pm

MIDDLE SCHOOL:

2nd & 4th Tuesday 2:30–4 pm

WESTWOOD:

1st & 3rd Monday 7:30–9 am

HEMLOCK:

2nd & 4th Monday 7:30–9 am



Sandy Treichel, RN

TO GET SIGNED UP FOR THE PROGRAM EMAIL SANDY AT WDPSDCARETEAM@BELLIN.ORG



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health