

Your Wellness Program

In any self directed program, you begin with a self assessment. A Well Future has purchased the license to be able to offer you a comprehensive holistic wellness assessment through the Wellness Inventory.

Unlike many wellness programs, we offer you guidance and motivational materials to help you continue over time. Since wellness is a continuous and lifelong process there is no end point and so we do not ask you to set goals. Like lifelong learning, we look at lifelong wellness.

Your “curriculum” is set up with guidelines for you and it is entirely up to you how you use them. The following will be available to you through the web site:

1. Guidelines for preparation and completion of the assessment
2. Access to the Wellness Inventory
3. Immediate access to your results
4. Guidelines for developing your wellness plan
5. Accesses to online resources for information and education related to your plan
6. Opportunities to modify or change your plan
7. Regular email reminders about your plan.
8. Access to an online wellness journal to support your personal wellness journey.
9. Monthly emails from awellfuture.com to offer new materials and wellness information.
10. Availability of Marie Knapp RN BScN EdD for in-person or telephone counselling sessions to support your personal change through limiting thinking patterns and blocks (Marie charges \$50CDN per 50 minute session or \$70 for 1 ½ hr in person session using energy work to support your wellness plan)
11. More resources as they become available.

Your access to the Wellness Inventory also lasts one year and you may redo your assessment any time within that period to notice what is changing.

As you approach your renewal date for awellfuture.com, you will receive an email regarding options for continued registration in the program with new ways of working with the materials.

If you have any questions about the program, please contact Marie Knapp at marieknapp@rogers.com. We look forward to having you register in our program.

Your Wellness Guide,
Marie Knapp