

## Wellness Program

Wellness is defined as a state of feeling "good". Wellness is not the "fountain of youth" as we gracefully age; but rather it is caring for our bodies and being the best we can be. So, how do women accomplish this after age 45? At WHCCH, we have developed a program made exactly for this purpose, known as the "Wellness Program for Women 45-64". We pride ourselves on providing our patients with the latest research and technology available regarding health maintenance in women. We have taken all of this information and designed a program to meet your needs. You can be a part of this dynamic program either by attending a quarterly lecture series and/or by scheduling individual counseling sessions with our nurse practitioners. Either way, you will take charge of your health and enhance your outlook for "feeling good". Ask your health provider about this program — join us today to start your new approach to wellness.

—Joni Pheigaru, RN, MSN, PNNP