



EnhanceWellness®

Enrollment is ongoing.

Contact your local
program to get started
today.

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**"Sometimes people
just need a nudge
in the right direction
to gain motivation
in living a healthy
lifestyle. With
EnhanceWellness®,
I got out of an
unhealthy rut."**

EnhanceWellness® Participant, 2016

Community Health Improvement

EnhanceWellness®

Chronic Disease
Self-Management



Community Health Improvement

1025 Garfield Street, Suite A
Fort Collins, CO 80524

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**It's about health.
It's about life.**

**Taking the first step is
difficult.**

We know.

We're here to help.

Are you ready to change your life?

An award-winning program, EnhanceWellness® improves the quality of your life. Based on scientific research and designed especially for adults, EnhanceWellness® combines the benefits of wellness support through educational classes, personal health coaching, supervised exercise and peer connections.

Choose your health goals.

Work with your EnhanceWellness® team to create a personalized health action plan that identifies your health risks and the steps you need to improve your health and well-being.

Work on your health goals.

Working with your EnhanceWellness® team, you will learn how to get healthy and stay healthy. Your EnhanceWellness® nurse and registered dietitian team will provide the support you need:

- Motivation, feedback and encouragement.
- Personal health coaching.
- Nutrition and weight management.
- Wellness Classes.
- Exercise program
- Comprehensive evaluation of health challenges.
- Goals and action plans to help you get started.

Are you ready to experience increased energy, confidence and connection with others?

Join us for a life of better health.