



Words of Wellness

April 2021

UPCOMING EVENTS!

MOVE YOUR NUMBER

A virtual group program focused on improved A1C for Type 2 Diabetics

Thursdays
April 15th-May6th
4:30PM-5:30PM

RSVP

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Are YOU in Control Of Your Health?

Did you know that an annual physical and biometric screen is a great way to take control of your health? While symptoms and warning signs of certain conditions like diabetes and heart disease may not always be obvious, scheduling an appointment with your provider for your physical and biometric screen can give you a general health report. Knowing what's going on with your health can help you to know which lifestyle changes to make!

Although the Granite School District is not requiring you to get a Wellness exam or biometric screen this year, it's always a good idea **and** a great way to stay on top of your health! Not sure what your numbers mean? You can schedule a Wellness Review with the Condition Management Nurse or your Granite Wellness Provider. Hope to see you soon!



Meet Steve!



The Granite Wellness Center would like to welcome Steve Prentice to the team as our new Behavioral Health Therapist. Steve is a licensed clinical social worker with over 20 years of experience providing therapy services. He has worked in a wide range of therapeutic settings including inpatient psychiatric hospitalization, outpatient care, and in schools. He received his undergraduate degree in sociology and master's degree in social work at the University of Utah. He is a current LCSW in the state of Utah. If you are needing support with life's challenges call the Granite Wellness Center to make an appointment with Steve!

"What drains
your spirit
drains your
body. What fuels
your spirit fuels
your body."

-Caroline Myss

The Granite Wellness Center
4163 South 3200 West
West Valley City, Utah
801-964-9355

7AM-7PM Monday-Friday
8AM-1PM Saturdays



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