



Words of Wellness

Get Back On Track

June 2021

Ahhh, the school year has ended (or almost), which for some means focusing on YOU a little more. This past year was stressful and disruptive in many ways and may have led to less-than-ideal habits, like inactivity or lack of self-care. We like to say that every day is a new chance to begin again, but for many, summertime is a good time to get back on track. Time to eat better, move more and plan for a healthier you. Here are some things you may want to put on your "to-do" list to help get you back on track:

- Schedule an annual physical and biometric screen
- Schedule your cancer prevention screenings if they are due (Mammogram's, colonoscopy etc.)
- Make dental appointments
- Meet with Kim or Lisa at the Wellness Center to create your health and wellness action plan for a successful and sustainable future!

Free Happenings In SLC

Tai Chi

Saturdays 10AM
Sugarhouse Park
Fabian Lakeside Pavilion

Pilates on The Plaza

Sundays 10AM
The Gateway Olympic Plaza
(must register ahead)

Hiking!

Everywhere!

Virtual Summer Classes!

Motivated Mondays

Discussions on Health and Wellness Topics

June 2nd-August 2nd

12-12:30PM

More info:

kimberlie.rew@premisehealth.com

Getting "Well"thy

4-Week Series With

Action Planning

Wednesdays 6/9-6/30

12-12:30PM

RSVP:

lseyh@premisehealth.com

*"Some people quit due to slow progress -
never grasping the fact that slow
progress... IS progress."
-Unknown*

The Granite Wellness Center
4163 South 3200 West
West Valley City, UT
84119
801-964-9355



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