

Words of Wellness



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Granite Wellness Center Celebrates Two Years! May 2021

The Granite Wellness Center has a lot to celebrate this month! Two years ago, we opened our doors for the very first time. Since that time, much has changed. We've added more providers to meet the demand of new members and have added and expanded services, such as physical therapy and behavioral health.

Like the rest of the world, this past year presented us with the challenges of the pandemic. We went from doing in-person only visits, to learning how to do virtual visits, and now incorporating more in-person visits again. Whew! The things that can happen in one year!

But besides all the changes, perhaps what we're most proud of is supporting our members to get, stay and be well! We've seen blood pressures improve, A1c's decrease, and healthy habits being implemented. And if we haven't met you yet, we hope to meet you soon!

Thank you for your continued support!

Summer Happenings!

Motivated Mondays!

Weekly Health and Wellness Topics

6/7-8/2

12-12:30PM

Getting "Well"thy

4-week goal setting series

Wednesdays 6/9-6/30

12-12:30PM

RSVP:

Lisa.sehy@premisehealth.com

**Psst...Did You know you can get CE credits for attending these sessions.*

Our Services:

- **Primary Care-** Including: Annual Exams, preventive exams, women's health, biometric screens, lab draws, immunizations, well child visits and more!
- **Physical Therapy:** Work on rehabilitation, as well as getting to the root cause of your discomfort to prevent future injuries.
- **Behavioral Health Counseling:** Your state of mind matters. If you are having difficulty coping with life's challenges our behavioral health counselor can help.
- **Wellness Coaching:** A certified wellness coach can help you create goals, identify personal strengths and challenges, provide accountability, feedback, and support as you move towards reaching your optimal wellbeing.
- **Condition Management:** Meet with a specially trained RN to better guide and empower you in making positive lifestyle choices to achieve a healthier weight or manage conditions such as pre-diabetes, diabetes, high blood pressure or abnormal cholesterol levels.

Announcement:

Interested in having one of our team members speak to your team on a health and wellness topic? Email us:

kimberlie.rew@premisehealth.com
or lisa.sehy@premisehealth.com

The Granite Wellness Center
4163 South 3200 West
West Valley City, Utah
84119
801-964-9355
Monday-Friday 7AM-7PM
Saturdays 8AM-1PM

Weekly Wellness Challenge

Every day for the next 7 days write down these three things:

- 1) What energizes you?*
- 2) What are you grateful for?*
- 3) What's working for you in your life?*

