



## Choose Wellness 2021

This last year has been challenging in many ways, and in challenging times it is easy to forget to take care of ourselves

Even when there are challenges, something we *can* control is our own wellbeing. The diabetes awareness team within the community health and wellness department at UIHS is happy to partner with you in the upcoming weeks so that you can start the New Year at your best.

## This is what is up and coming:

Articles related to health and wellness, check our [website](#) and [Facebook](#) page!

Videos that include health related topics of interest posted on our [website](#) and [Facebook](#) page

Question and answer videos from our staff, we are excited to answer your health related questions and post the question/answer session online

What kind of topics will be included? Anything that is related to your holistic health. We will help with goal setting and creating personal health plans, share advice and information about mindfulness, nutrition, physical activity, as well as managing and preventing chronic health problems.

Each week we will go over any questions that are submitted and answer them on video. We will also provide printable aids to help you to realize your personal health plan.

Please submit any questions or health topics that interest you and you would like to hear more about to (707)825-5070 or [HewecheckPartner@gmail.com](mailto:HewecheckPartner@gmail.com)

**\*\*Please not to disclose personal health information when submitting questions\*\***