



## Helping you live a healthy life!



### HOW CAN WE HELP YOU?

If you're interested in setting up a **TOPS®** group, are looking for a speaker on a health and wellness topic, or are a business that would like to improve the health of your workforce, please give us a call! We're ready to help you implement a winning approach to healthy lifestyles.



[www.facebook.com/WinWithWellness123](https://www.facebook.com/WinWithWellness123)

## 866-590-8499

### WIN WITH WELLNESS PARTNERS

- Stephenson County Health Department
- Carroll County Health Department
- FHN
- Monroe Clinic
- United Way of Northwest Illinois
- National Center for Rural Health Professions and Department of Family and Community Medicine (UICOM-R) at the University of Illinois College of Medicine at Rockford

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### A WINNING APPROACH TO A HEALTHY LIFESTYLE

Win With Wellness is a wellness program for adult men and women. Through Win With Wellness, you will learn more about the importance of healthy eating and physical activity, and we will provide tools to help you reach your goals in these areas.

Win With Wellness promotes healthy behaviors in three ways.

#### FIRST

Win With Wellness will introduce you to Taking Off Pounds Sensibly (**TOPS®**) program, a support group for adults who want to improve their health and lose weight.

**TOPS®** groups have helped millions of people for over 60 years with weight loss and improving health by focusing on improvement – rather than perfection – as they learn that ongoing support and accountability are the keys to lifelong health.

#### SECOND

The Win With Wellness health educators are available for community-based presentations about how to enjoy a healthy lifestyle. We can present at local libraries, for church groups, at work sites, during health events, or any other gathering.

#### THIRD

Win With Wellness works with local organizations from businesses to health clubs to promote healthy eating and exercise. We also work with the media to ensure that information about programs and educational opportunities is readily available to the public.