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Wellness Forum Health has been providing programs and resources to support optimal health to thousands of people all over the world for over 18 years. Whether you are seeking better options for addressing a health issue or you are currently healthy and want to stay that way, we have something for you:

**InforMED Weekly Newsletter**

Our free, weekly subscriber newsletter covers up-to-date health topics that can impact your life

**Weekly Video Clips**

Dr. Pam reviews relevant research and distills important points in an easy-to-understand format (free for subscribers).

**On-Site Programs and Opportunities**

Check our online calendar at www.wellnessforum.com for information on our private gym, hot yoga classes, cooking classes, and more.

**Become a Member**

Membership with Wellness Forum Health is *your key to better health*:

* **Wellness 101**. Our introductory course teaches you science and skills for adopting a health-promoting diet.

* **Introduction to Informed Healthcare Decision Making**. Video lectures covering a variety of important topics that teach you how to become a better consumer of medical services.
* **Personalized Assistance.** We help to direct you to the resources you that will lead to success.
* **Members-Only Website**. Over 100 on-demand video workshops covering a variety of important health-related topics. New workshops posted regularly.
* **Preferred Pricing.** Members receive discounts on select educational programs and national conferences.

**Additional Services Available to Members**

* **Concierge Health Services.** One-on-one personalized healthcare with direct access by telephone and email. Call our office for more information.
* **Permanent Weight Loss.** A comprehensive, interactive program designed to help you develop and maintain optimal habits. Call our office for more information.
* **Health Briefs Online Library.** Helpful resource containing hundreds of referenced articles covering topics related to diet, health, and medicine.

**For Healthcare Professionals and Others**

Healthcare professionals are invited to join our growing provider network.

Please email [pampopper@msn.com](mailto:pampopper@msn.com) for more information.

**The Wellness Forum Institute for Health Studies.** Our unique, formal study programs covering a variety of nutrition and disease-related topics, and professional practice paradigms based on using diet and lifestyle as primary intervention tools. Many courses qualify for medical continuing education credits. Interested laypeople may also apply and attend

**Recommended Action Plan**

**1. Become a member of Wellness Forum Health**

**2. Sign up for our free weekly newsletter (InforMED) and our twice weekly video clips.**

**3. Participate in our many monthly activities.**

**4. Take advantage of our on-site services if you live in the Columbus, Ohio area.**

Wellness Forum Health www.wellnessforumhealth.com

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