



Wellness Forum Health

Free Stuff!

Schedule a free virtual workout with one of our home office staff!

Want to get in shape? Want to do it at home? Schedule a workout with one of our trainers via skype or zoom. First workout is on us!

We will pay you to learn! Here's how:

- Schedule a phone or in-person appointment with one of our staff to discuss how to take advantage of your membership benefits and **earn a \$10 certificate** toward store purchases of \$50 or more (does not include probiotics or water filters).
- Sign our "Commit to Health" Pledge and **you'll earn \$25** which can be applied toward educational courses listed below
- Take InforMED 101 and 201 – either via live classes at our Worthington Location, via teleconference or a combination of both. For each of the six classes, you will need to watch a video, develop a list of 5 questions for discussion, and participate in a 90-minute conversation about the topic(s) covered in the video. **You'll earn \$25 for each of the 6 classes you successfully complete, or a total of \$150** which can be applied to educational courses.
- Complete two workbooks which are based on InforMED 101 and 201, **and you will earn an additional \$50 (\$25 for each)**, which can also be applied to online courses.
- Agree to a follow-up phone call after completing InforMED 101 and 201 and **you'll earn another \$25** which can be applied toward courses.

The bottom line: **You can earn \$235 just by taking advantage of your membership benefits!**

Educational Courses

A Science-Based Approach to Vaccines	Cardiovascular Disease
Chronic Fatigue	Fibromyalgia
Cancer 201 (evaluating alternative treatments)	Kidney Disease
Parkinson's Disease	ALS
Food Allergies	Contraceptive Options
Sports Nutrition	Dietary Supplements
Research and Writing	Autoimmune Disease
Understanding Psychological Disorders	Food Over Medicine Certified Instructor Course
Women's Health	Weight Loss
Business Training	Children's Health
Allergies/Asthma	GI Disorders
Men's Health	Cancer 101
Forming and Maintaining Optimal Habits	Biological Causes and Treatment of Autism
Diet, Lifestyle and Diabetes	Health Benefits and Risks of Cannabis
Diet, Exercise and Mental Health	Inflammatory Bowel Disease
Time Management	Irritable Bowel Syndrome
Your Amazing Microbiome	Cognitive Health and Alzheimer's
Thyroid Disease	PCOS

To start earning your credits, call our office at 614 841 7700 to schedule your planning appointment.