



MC WELLNESS CONNECTION



MC Wellness Connection Program



Ask a Nurse!

Do you need help controlling your weight, blood pressure, diabetes, cholesterol levels, and/or stress level? Do you have other health concerns that you would like addressed? If yes, a registered nurse will work with you individually for 11 weeks to help manage various risk factors for disease.

Cost: **\$150.00** for Ask a Nurse 11 wk program (EAP may be used)

If you prefer a lesser time commitment but still have health issues to address, health counseling is available on an as needed basis.

Cost: **\$40.00** per health consultation (EAP may be used)

Please come to either of the following information sessions for these programs:

When: Tuesday, September 4, 2007

Where: Mannakee Room 105

Time: 10:45am to 11:15am

Or

When: Wednesday, September 5, 2007

Where: Mannakee Room 105

Time: 1:30pm to 2:00pm

Apply at the information session. Space is limited. Program requirements will be discussed at this meeting.

Contact: Kim Crilly, RN

Email: Kim.Crilly@montgomerycollege.edu

Brenda Salas
Wellness Coordinator