



Take a Step Toward Wellness

THE PROGRAMS



HEALTHY LIVING - The key to getting fit and staying fit is your commitment to excellence in four keys areas: Nutrition, Hydration, Relaxation and Staying Productive. When one is clicking on all cyclinders and staying busy, is pain free, worry free and disease free, one can parlay that into a strong immune system to prevent serious illness and injury.



AGING GRACEFULLY - When it comes to aging, the one thing people must learn is to adapt or die. Whatever worked for you in your younger years may not be as effective as you gain in years therefore be able and ready to turn on a dime and change attitudes, behaviors and fuel choices in order to avoid the pitfalls and elevate your energy.



PAIN MANAGEMENT - If or when pain surfaces, one can relate to that experience as a "Check Engine" light like in your car and if one addresses it quickly, one can stem the tide and eliminate it. There are natural remedies such as heat, ice, compression and rest that works well. If the pain persist, seek the advice of a physician and follow their advice.



MEDICATION MANAGEMENT - In certain situations, it may be required to use pharmaceuticals to deal with your health. We live in a mysterious world and sometimes, through infection or a combination of factors, we are forced to use medication. The key here is not to make the problem worse by causing problems with drug interactions.



RECREATIONAL ACTIVITIES - One of the great joys in life is being able to participate in various recreational activities. Some enjoy the great outdoors and participate in cycling, hiking, fishing, boating, skiing, snpowboarding, tennis, golf and other sports. Others prefer the great indoors and do things like play cards, watch movies and exercise classes.



HEALTH & WELLNESS SERVICES - Unity City has a full time wellness coordinator to help anyone who is interested designed a wellness plan using our powerful Goal Mgt System. Unity City offers personal assessments to identify existing condiditions and then puts together the Game Plan to eliminate any health hazards that may present a threat.



CONSULTING SERVICES - Unity City has an all-star lineup of professionals who can lend their expertise in a variety of situations. Most people can relate to the physical demands life places on them but these days, experts are finding a person's mental health is just as important so be aware of spending to much time alone dealing with loss, anger, confusion, loss of memory or any other brain function. Early detection is key to elimating the risk and solving the problem. Please call us if you would like to talk. You are not alone.