

WCTC Mission Statement:

Mission

The Wellness Coalition of Taylor County initiates, supports, and promotes a healthy lifestyle for individuals, families, and communities.

Vision

- Develop partnerships with community organizations and businesses to support and integrate new and existing wellness initiatives...
- Utilize evidence-based strategies and interventions to promote healthy lifestyles...
- Key resource for worksite wellness, nutrition, and physical activities...

...for the residents, our community, and businesses in Taylor County.



Additional Resources

Taylor Community Health Improvement Plan:
www.healthypeopletaylorcounty.org

State of Wisconsin, Department of Health Services-Physical Fitness and Nutrition
<http://dhs.wisconsin.gov/health/physicalactivity/index.htm>

Center for Disease Control and Prevention:
<http://cdc.gov/>

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Wellness Coalition of Taylor County (WCTC)

Taylor County Community Health Improvement Plan



WCTC Core Values:

- Advocates of personal and professional development in all aspects of wellness
- Collaborative/cooperative relationships
- Creativity and innovation
- Lead by example



WCTC Subcommittees

1. Physical Activity

Goals: To educate and increase the accessibility of physical activity opportunities to residents and employees of our community.

2. Worksite Wellness

Goals: The goal of WCTC's Worksite Wellness Committee is to provide resources and education to assist area worksites in providing an environment that fosters healthy lifestyles including promoting healthy food choices, regular physical activity, and wellness opportunities through education and program development.

3. Nutrition

Goals: In support of the WCTC wellness initiative, the Nutrition Sub-Committee will actively work to identify nutrition education needs and educate our community about opportunities to improve their health through nutrition.



WCTC Members:

The Bone and Joint Clinic of Medford
Taylor County Health Department
Taylor County Commission on Aging
Tessendorf Chiropractic
Memorial Health Center Clinics
Work Safe Therapy and Ergonomics
UW-Extension- Taylor County Office
Medford, Rib Lake, and Gilman Area School District
Phillips Plastics Corporation
Weather Shield Windows and Doors
Medford Area Chamber of Commerce
Medford Therapy and Fitness
Gilman Volunteer Fire Department
Master Gardeners Club
Cardiovascular Community Health Coordinator
Medford Cooperative

How to Join WCTC:

Anyone in the community can be a member of the Wellness Coalition of Taylor County. If you would like to join please contact names on back of brochure or submit a How to Get Involved Form on the Healthy People Taylor County website:
<http://www.healthypeopletaylorcounty.org/>.