

WCTC Mission Statement:

WCTC is committed to forming partnerships with community organizations, and businesses to develop, support, and integrate new and existing wellness initiatives. WCTC will actively promote and support wellness initiatives to all people using a population health approach. By identifying interventions that are practical, and realistic for reducing obesity, improving nutrition, and increasing physical activity, the residents, our community and businesses will benefit.



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/>

Contact:
Shelley West

Phone: 715.748.8128
E-mail: wests@aspirus.org



Wellness Coalition of Taylor County (WCTC)

Taylor County Community Health Improvement Plan



WCTC Core Values:

- Promoting and advancing personal and professional development in all aspects of wellness
- Collaborative/cooperative relationships
- Creativity and innovation
- Providing resources to meet the wellness needs of the community



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
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 Shelley West (contact information on back of brochure) or submit a How to Get Involved Form on the Healthy People Taylor County website: <http://www.healthypeopletaylorcounty.org/>.