

**WCTC**

**and You**

**Eat Better**

Learn how to improve your health through nutrition.

**Feel Better**

Discover healthy lifestyles activities for you and your family.

**Work Better**

Encourage a healthier place to work incorporate Worksite wellness resources, assessments and education .

**...all available for our Taylor County Family:**

Residents, schools, businesses and families in Taylor County.

***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 Pam Peterson or submit a "How to Get Involved Form" on the Healthy People Taylor County website:

**[taylorcountywellnesscoalition.org](http://taylorcountywellnesscoalition.org)**

**WCTC Contact:**

Pam Peterson

(715)748-1410

Email: [wctcoalition@gmail.com](mailto:wctcoalition@gmail.com)

**WELLNESS COALITION**  
of Taylor County



**What can we**

**Wellness Coalition of Taylor County WCTC**

**do for you and your family?**

## WCTC Core Values:

- Educate families, individuals, schools, and businesses with county resources available for healthy lifestyles.
- Partner with community to provide residents with physical activities, nutritional education.
- Offer resources for businesses to create healthy worksites and wellness programs
- Create healthy lifestyle opportunities needed in our community.

## WCTC Community Projects



### Physical Activities Booklet

Provide residents and visitors many opportunities for physical activities

### Strong Women Strong Bones

Osteoporosis prevention through strength training funded by Security Health Charitable contributions

### Stepping On

Falls prevention for older adults to increase self-confidence and risk of falling.

### Move to Improve

Nutrition and exercise to reduce risk of chronic disease.

### Harvest Days Parade

Community event to promote healthy food choices

## WCTC Community Partnerships

### Worksite Wellness Partnerships

Resources and education to assist businesses with wellness programs and healthy worksites.

### Healthy Choices Restaurant

Toolkit to promote healthier menu choices

### Healthy Choices Concession Stand

Toolkit to make “Healthy Choice” the easy choice.

### School Gardens

Gardens initiated and expanded County schools funded by Security Health Plan Charitable Trust Contributions program.

### Living Well with Chronic Conditions

Education for people with chronic conditions funded by Security Health Plan Charitable Contributions program

### Health and Wellness Paper & Radio

Articles educate community about health & wellness, nutrition and person well stories



