

EXAMPLE 6 MONTH INTEGRATED WELLNESS PROGRAM

Continued

6 Months

Activities	6 Months																																	
	Month 1					Month 2					Month 3					Month 4					Month 5					Month 6					Review			
	W1	W2	W3	W4	W5	W1	W2	W3	W4	W5	W1	W2	W3	W4	W5	W1	W2	W3	W4	W5	W1	W2	W3	W4	W5	W1	W2	W3	W4	W5	W1	W2	W3	W4
Primary Prevention: <ul style="list-style-type: none"> Age- and gender-specific screening guidelines Monitoring client progress and keeping a health portfolio Access to Health Portal with library, newsletters and email campaigns Full progress report after 12 months 																																		
	<div style="border: 1px solid gray; padding: 5px; width: fit-content; margin: 10px auto;"> This is a sustainable programme with enormous benefits </div>																																	