"Sometimes people just need a nudge in the right direction to gain motivation in living a healthy lifestyle. With EnhanceWellness®, I got out of an unhealthy rut."
EnhanceWellness® Participant, 2016

EnhanceWellness®
Enrollment is ongoing.
Contact your local program to get started today.

EnhanceWellness®
Chronic Disease Self-Management

Julie Knighton, RN
970.495.7335
Julie.Knighton@uchealth.org

Deanna O'Connell, RD
970.495.7523
Deanna.OConnell@uchealth.org
It's about health. It's is about life.

Taking the first step is difficult.

We know.

We're here to help.

Are you ready to change your life?

An award-winning program, EnhanceWellness® improves the quality of your life. Based on scientific research and designed especially for adults, EnhanceWellness® combines the benefits of wellness support through educational classes, personal health coaching, supervised exercise and peer connections.

Choose your health goals.

Work with your EnhanceWellness® team to create a personalized health action plan that identifies your health risks and the steps you need to improve your health and well-being.

Work on your health goals.

Working with your EnhanceWellness® team, you will learn how to get healthy and stay healthy. Your EnhanceWellness® nurse and registered dietician team will provide the support you need:

- Motivation, feedback and encouragement.
- Personal health coaching.
- Nutrition and weight management.
- Wellness Classes.
- Exercise program.
- Comprehensive evaluation of health challenges.
- Goals and action plans to help you get started.

Are you ready to experience increased energy, confidence and connection with others?

Join us for a life of better health.