

## **StratWell Student Comments**

*"This series is probably the best single source and extremely well done. I feel better able to make choices to positively influence my health, well-being, and productivity."*

## **Real-world, simple solutions for busy people**

*"So far this is the best briefing on health, all the parts that effect it, and done so in a manner that anyone can understand. I have encouraged office mates to look at this and I have downloaded charts to help map my health plan and information searched on the internet."*

## **Self-directed motivation and high quality wellbeing education**

*"The lectures provide motivation to improve my life and make quality health decisions. Karen is a skilled lecturer providing an appropriate level of information and resources to care for ourselves."*

*"I have found that these webinars help stimulate dialog with my co-workers which in turn help motivate me to use new techniques and implement some of the changes suggested."*

## **Reveals personal health barriers and creates connections of shared value to others**

*"I now know where I am and better understand why I might not have succeeded before, working around the barriers identified, to make the positive changes in my lifestyle to be my best ME. Thanks for this series. I have enjoyed it very much and have learned a great deal."*

*"I enjoyed it very much. I have shared the information in the past with my two sons and husband, and feel this is very worthwhile."*

*"I have learned things that I've implemented in my life to maintain a healthy level. I've also shared some of what I've learned with my friends."*