



PROVEN
QUALITY
HEALTHCARE



A RESOLUTION FOR A HEALTHIER LIFESTYLE

DMH Wellness Center Offers Wellness Coaching

In the summer of 2011, Jacqueline Petersen made a decision to improve her health and lifestyle. She was not looking for a fad diet or to lose a quick ten pounds; instead she wanted to maintain her health through proper nutrition and daily exercise. She knew if she was going to succeed she would need to seek out professional advice through the help of a licensed dietitian and exercise physiologist.

The DMH Wellness Center partnered Jacqueline with a DMH Wellness Coach who provided a tailored exercise regimen and nutritional program for her. Her coach was also a source of information on portion sizes, processed versus unprocessed foods, and clean eating.

"It was an affordable, six-week program. I was interested in the clean eating lifestyle. We also incorporated exercise into my routine on a gradual basis."

"My experience at the DMH Wellness Center was excellent. Having my personal coach really helped with keeping me on track with maintaining my goals and weight to this day. I also attended many of the seminars that are offered free to the community which offer advice on various topics. Overall, it allowed me to set goals for myself and work with knowledgeable individuals who helped find a program suited for my needs."

— Jacqueline Petersen, Sullivan



DMH
Wellness
Center

TO LEARN MORE

For more information about the
DMH Wellness Center, call 217-876-4249



Decatur
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www.dmhcares.com