



**Empowering Whole Health Fall 2016 Session Application Form**

<b>Name:</b>	<b>Email:</b>	<b>Phone:</b>
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**How did you hear about Empowering Whole Health?**

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Goodwin Community Health-Empowering Whole Health (EWH) Wellness Program  
Participant Application and Consent

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Info: \_\_\_\_\_(email) \_\_\_\_\_(phone)

Please read the information below about the EWH program:

Program Goal: To learn general skills to assist in self-management of your chronic health condition(s) and establish goals to improve your overall health. These goals may include behavior change to improve nutrition, exercise and/or stress management. Examples include setting routines to walk or run, perform muscle-strengthening exercises, choose healthy food in your diet, and learn how to set goals and monitor your success, and to use peer support and other skills for motivation.

The EWH program includes 3 WHAM training sessions to help you understand the process of person-centered planning to create the whole health goal you want to achieve and 8 peer-facilitated group support sessions. WHAM training sessions and peer group sessions will be on Tuesdays from 4:30pm to 6:00pm, to connect with others and receive support in achieving your wellness goals. Groups are facilitated by peer leaders trained through the Whole Health Action Management Program.

Participation in any health program can have both risks and benefits. Although self-management skills for chronic conditions can improve your overall health, there is no guarantee that this will occur. Physical exercise, while beneficial for health, may cause injury depending on your physical condition: all exercise goals you may establish should first be discussed with your primary care provider.

It can be helpful to share your goals with others in the group and exchange ideas to reduce barriers and increase motivation, and even partner with others for such things as exercising, if you choose. However, the sharing of goals may cause discomfort for some members. Additionally, although peer leaders have been trained to maintain confidentiality, as with any group, complete confidentiality of information you choose to share cannot be guaranteed. You should also be aware, that although the peer support leaders have been trained in group facilitation, they are not licensed professionals and the support groups are not psychotherapy.

You are welcome and encouraged to attend all group sessions to get the maximum benefit of our program. However, at any point and for any reason you may discontinue your participation in the program. If you have any questions or concerns, please contact Megan Atkins at 994-6356.

By signing below, you are indicating your understanding and agreement with the information provided above, and consent to participate in the EWH program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date