

SIMPLE HEALTH *THRIVE*



The Flow of the *THRIVE* Program

1. Provider appointment with Dr. Katie Findlay, MD, MPH
2. Each Simple Health-Thrive Monthly Group Meeting (**on 4th Wednesday**) will consist of:
 - 1:1 Provider Check-in 1:00 - 1:30 and Meeting from 1:30 - 3:00 pm
 - Formal education with Lynn Huiskamp, NB-CHWC, Cheri Rott, MS, RDN, CD and Dr. Findlay
 - First 4 months will cover Nutrition, Activity, Stability topics
 - subsequent visits cover topics of interest with guest speakers such as therapy , Fitness Center, etc.
 - Unique Nutritional & De-Stressing Tools
 - Individual Goal Setting with the help of the team
 - Excellent Support for lifestyle change and improved health

If you have questions or would like to schedule an appointment with Dr. Findlay call 715-684-1111.



WESTERN WISCONSIN HEALTH
1100 Bergslien Street • Baldwin, WI
715-684-1111
wwhealth.org