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LifestyleHelp.ca The Fine Secrets
Wellness Risk Management (WRM)
Help for Worker's Wellness, Cost Free to the Company
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The Fine Secrets

For those who want some of the finer, hidden secrets of Wellness and health, we have them and they are in the **Self-Help** field. That means you learn them, then you apply them to yourself. To learn them you need to be measured against the science on the type of Wellness that is in the **Self-Help** field.

- Those who want simply passive care (somebody else does something for you or to you), will have to make a mind set change. Absent that change, then absent the results as the secrets will stay hidden to them.

The secrets are within the capabilities of everyone. It is a matter of getting the right motivation then learning how to continue self motivate. We provide the measurement and motivation at **Wellness Risk Management (WRM)**.

**Contact us to learn how to get an individual or a company into the
WRM Research Project.**

Just ask.

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