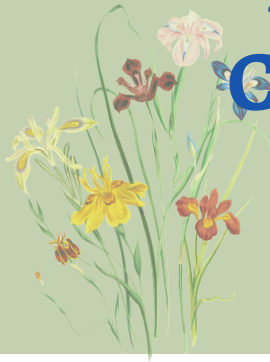




# Empowered Health

## Consciousness

*The Wellness  
Alternative*



"The Empowered Health Consciousness course, now provided by BRiDGES, empowers you to be a health conscious consumer of diet, exercise, health & wellness information, medical care, prescription drugs and all other aspects of an increasingly complex healthcare system."

### **If you are currently taking prescription medications:**

This training supports your use as prescribed and encourages you to review how you use Rx in ways that support your health and well-being.



This training also invites you to consider prescription processes and explore healthy life-styles/alternatives.

- Define and assess "health consciousness"
- Work a daily exercise for building health consciousness
- Identify healthy alternatives for building Health consciousness and diminish risks for misuse of Rx
- Take steps to implement healthy options for yourself and others who may be at risk
- Use the above skills to live a healthy, wholesome, balanced wellness lifestyle and reduce prescription drug misuse and abuse in your work setting

To learn more about this or any of the many programs BRiDGES offers, call us at:

**(315) 697-3947 or visit [bridgescouncil.org](http://bridgescouncil.org)**



**BRiDGES**  
STRENGTH. HOPE. COMMUNITY.