

# COMPREHENSIVE HEALTH & WELLNESS



 Scan Me

## MAKE AN APPOINTMENT

**Interested in changing some habits  
to support your health goals?**

Try our new virtual health coaching, meet with a registered dietician, or talk with one of our licensed clinical social workers.

Scan the code to learn more about each member of the team, get access to contact information, and book an appointment online.

## OUR VISION

**To enhance the comprehensive health  
& wellness of the Wisconsin National  
Guard.**

The Comprehensive Health and Wellness Program (CHW) is a strategic change initiative which identifies individual/organizational problems at the root cause and innovates solutions to help Wisconsin Soldiers/Airmen make changes that stick.

If you are looking for ways to improve your overall resiliency, mental, physical, financial, social or spiritual pillars of health and wellness the practitioners in the CHW are here for you and your families.

**You don't have to be  
sick to want to get  
better**



[HTTPS://WWW.FACEBOOK.COM/COMPREHENSIVEHEALTHANDWELLNESS](https://www.facebook.com/COMPREHENSIVEHEALTHANDWELLNESS)



[HTTPS://WWW.INSTAGRAM.COM/CHW\\_WI\\_NATIONALGUARD/](https://www.instagram.com/CHW_WI_NATIONALGUARD/)



[HTTPS://WWW.LINKEDIN.COM/COMPANY/COMPREHENSIVE-HEALTH-AND-WELLNESS/MYCOMPANY/](https://www.linkedin.com/company/comprehensive-health-and-wellness/mycompany/)



# COMPREHENSIVE HEALTH & WELLNESS

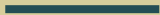
**The Comprehensive  
Health and Wellness  
(CHW) Program aims  
to enhance the life,  
health, and wellness  
of service members  
and their families.**

# COMPREHENSIVE HEALTH & WELLNESS RESOURCES



**DENA PERSON**  
**REGISTERED**  
**DIETITIAN/NUTRITIONIST**  
**608-419-0178**  
**DENA.PERSON@WIDMA.GOV**

Contact Dena to learn how to maintain your health, avoid health risks and improve overall performance with healthy eating habits.



**COURTNEY STEUER**  
**LICENSED CLINICAL SOCIAL**  
**WORKER**  
**(608) 419-0181**  
**COURTNEY.STEUER@WIDMA.GOV**

Courtney and Michelle provide education and help you develop effective strategies to navigate life stressors. They offer support for you and your family members in both one-on-one and group settings, including a support group for Stress Management and a support group New Recruits. Contact either of our Licensed Clinical Social Workers for more information.



**MICHELLE KLECZKA**  
**LICENSED CLINICAL SOCIAL**  
**WORKER**  
**(608)-419-0961**  
**MICHELLE.KLECZKA@WIDMA.GOV**



**BASIC COURSE**  
20 Apr 23 - 05 May 23  
1 June 23 - 17 June 23

**LEADERS COURSE**  
27 Nov 22 - 02 Dec 22  
19 Feb 23 - 24 Feb 23  
27 Aug 23 - 01 Sep 23

**EXECUTIVE LEADERS COURSE**  
24 Apr 23 - 25 Apr 23

**CHW Basic Courses** equip students with the proper tools to work on and improve life, health, and wellness.

**CHW Leaders Courses** broaden understanding of behavior change and intervention of adversity to effectively help those whom they lead.

**CHW Executive Leaders courses** explore a hybrid of lecture, skill building activities, and practical exercises which address high-level organization development, emotional intelligence, and strategic planning.

For more Details reach to:

**JENNIFER FALKOWSKI**  
**TRAINING COURSES COORDINATOR**  
**(608)-419-3491**  
**JENNIFER.FALKOWSKI@WIDMA.GOV**



**ABAGAIL BOUCHER**  
**HEALTH COACH**  
**(608) 419-1490**  
**ABAGAIL.BOUCHER@WIDMA.GOV**

When you set up an appointment with a CHW Health Coach, you're getting a partner in the process of behavior change.

Their support and assistance will help uncover your values and strengths, find intrinsic motivation, and develop plans to encourage and maintain healthy attitudes and behaviors.



**CHARLES LIEDL**  
**HEALTH COACH**  
**608-419-0519**  
**CHARLES.LIEDL@WIDMA.GOV**



## DISCLAIMER:

**WE ARE A NON-EMERGENCY SERVICE. IF YOU HAVE AN EMERGENCY, PLEASE CALL 911.**  
**SOLDIER/VETERAN CRISIS LINE: (800) 273-8255**  
**MILITARY FINANCIAL AID: (608) 242-3473**  
**SOLDIER & FAMILY READINESS (608) 242-3961**  
**CHILD & YOUTH TEAM: (608) 301-8246**  
**BADGER YELLOW RIBBON: (608) 242-3424**