

District 214 Wellness Participants

Focusing on your health is important, and is not always easy to accomplish on your own. NCH is partnering with School District 214 to offer each of you an opportunity to take charge of your health. This **free** and **confidential** program can assist you in making positive lifestyle changes with expert support, resources and information. This is a great opportunity for us all personally, and a great opportunity to demonstrate the value of proactive health management to our community.

Follow these easy steps to register for your onsite screenings
Here is the link to register:

<https://www.nch.org/d214>

- Select your event/date location with the event/date location drop down box.
- Click the green box continue to step 2
- Select registration time you are available to attend. If it does not allow you to select it or indicates closed, then that means it is FULL. Please select another time or program
- Click the green box continue to step 3
- Complete your information
- Click SUBMIT
- You will receive a confirmation page and email. Please print it for your records. Be sure to **PRINT THIS** confirmation page.

Email Christine Kolzow if you need assistance: ckolzow@nch.org

