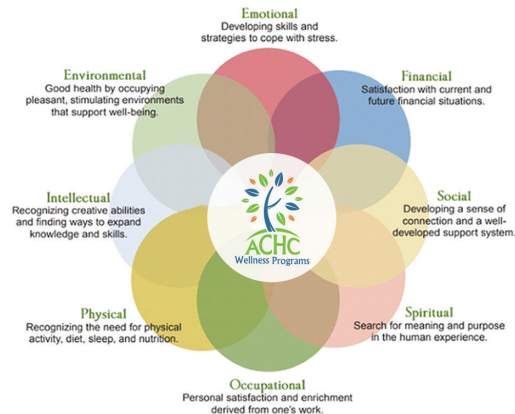


The ACHC Integrative Wellness Program Initiative

The ACHC Integrative Wellness Program Initiative pioneers social change in the realm of health and wellness. We strive to reduce the fear of complimentary therapies and empower individuals and families to take care of their health in holistic and sustainable ways. This program empowers positive healthcare changes such as increased access to self-care practices, understanding the Eight Dimensions of Wellness, and provide the tools to help people make individual change while navigating our fractured health care systems. We encourage people to be more conscious, more mindful, and more insightful in taking the mystery out of integrative health modalities.



The 8 Dimensions of Wellness

- Goodtherapy.org/8dimensionsofwellness
- Definitionofwellness.com
- Center4healthandsdc.org/wellness-in-8d.html (Download free manual)
- Alaskanschangingtogether.org (Download Personal Wellness Workbook)

Complementary Medicine

- Hopkinsmedicine.org/healthlibrary
- <https://medlineplus.gov> (Complementary and integrative medicine)
- www.integrativemedicine.org/library/research/holistic.html

The Stages of Change

- Zenhabits.net/the-habit-change-cheatsheet (29 ways to successful ingrain behavior)
- Experiencelife.com/article/the-stages-of-change



For information on local wellness programs visit: ACHCMI.org

