



# Health & Wellness Division

The mission of the Ho-Chunk Health & Wellness Division is to promote a healthy lifestyle among the Ho-Chunk people.

The purpose of the team is to develop, implement and evaluate a comprehensive health promotion program targeted toward educating, energizing, and empowering communities to:

- Prevent the onset of diabetes in those yet unaffected
- Prevent complications of diabetes
- Assure that the quality of life for members of the Ho-Chunk communities is of the highest possible level.

The Health & Wellness Division offers a variety of programs including:

- Balancing Your Life & Diabetes Classes
- Prevent T2: CDC Diabetes Prevention Program
- Exercise Classes and One on Ones
- Nutrition One on Ones
- Community Supported Agriculture Shares (CSA) – Fresh weekly vegetables during the summer growing season
- Fitness Membership Reimbursements

**For additional information please contact us: [888-685-4422](tel:888-685-4422) or [715-284-9851](tel:715-284-9851)**

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