

Whole Health Action Management

Created by peers for peers, the Whole Health Action Management (WHAM) program was developed to provide peer supports to encourage resiliency, wellness, and self-management of personal health and stressors.

Rural Health Network SCNY will be offering this program *telephonically*, beginning in the coming weeks. If you would like to learn more about the program and whether it is right for you, call or email:

Mary Maruscak
607-692-7669 x 209
mmaruscak@rhnscny.org

Through 6 weeks (only ONE HOUR per week!) of peer support groups, participants learn to:

- Identify strengths in 10 science-based health factors.
- Write whole health goals based on person-centered planning.
- Participate in peer support and improve health habits.

