



## **STATE OF NEVADA**

### **Health and Wellness Services**

The State of Nevada's Health and Wellness Services is a combination of health promotion, education and wellness services that help Nevada agencies discover, achieve and maintain healthier lifestyles.

Unhealthy lifestyles are the major cause of disease in our country; heart disease, diabetes, increased cholesterol levels and high blood pressure have led to premature illness and death. There is significant evidence that these chronic diseases are costly and can be monitored and controlled. Many of these conditions are preventable.

The State of Nevada has provided prevention programs and services to help recognize and treat these chronic conditions. The State of Nevada also provides avenues and referrals to change unhealthy behaviors. The variety of services available can positively impact all Nevada agencies, communities and individuals. Please contact the *Nevada Health and Wellness Coordinator* for additional information or assistance.

### **Health and Wellness Coordinator**

**Laura Streeper**

**(775) 291-7881**

**[Laura.Streeper@wtwco.com](mailto:Laura.Streeper@wtwco.com)**

#### **Services and Trainings available:**

Wellness Coaching  
Appointment setting  
Physician referrals  
Local healthy business referrals  
Local business and athletic discounts  
Diet and Nutrition counseling  
Health Promotion  
Cardiovascular disease training  
Diabetes training  
Fitness training  
Injury Prevention training

#### **Resources available:**

How to control Blood Pressure  
How to control Diabetes  
How to control Cholesterol  
Weight Management  
Healthy Eating  
Fast food alternatives  
Nutrition quizzes  
Physical Fitness for the entire family  
Recreation and fitness in your area  
Sports league information and materials  
Health Risk assessments