

LIFE STRATEGIES FOUNDATION MISSION

Life Strategies is a community based health management organization serving the Wichita, Kansas area and rural communities. We have a team of wellness and health prevention resources that are dedicated to improving individual health and the overall health of Kansans. Life Strategies is a 501 (c) (3) not for profit organization that provides a unique veracity of medical, wellness and fitness services under one roof. Many individuals that participate in the Life Strategies Foundation programs are not "typical" health and fitness consumers. Life strategies focuses on the older adult populations for independent living and quality of life issues, individuals with chronic diseases for health management strategies, overweight and obese populations for lifestyle behavior change and health improvement, along with business and industry health management models. We are dedicated to improving individual and company health, one day at a time, through medically designed and professionally directed programs and services.

The mission of Life Strategies Foundation is "helping those we serve to enhance their quality of life through education, programs and research to improve lifestyles, behavior and responsible health choices."

"The general health of Americans continues in a downward spiral, necessitating more lifestyle intervention services from organizations such as Life Strategies Foundation. Regular physical activity alone can have a significant impact in reducing the morbidity and mortality from many chronic disease, improve quality of life and reduce expenses in the medical system" states Board President Dr. Hugh Ekengren, M.D.

Life Strategies Foundation Vision

The Office of Disease Prevention and Health Promotion, along with the US Department of Health and Human Services have developed a set of health objectives for the nation to achieve. This document is "Healthy People 2010", created by scientist both inside and outside of Government, identifying a wide range of public health priorities which need interventions. It is our foundation vision to have positive influence on these goals by accomplishing the following:

Education

- By providing community education and support in a variety of lifestyle related health topics.

- By conducting lifestyle improvement programs for all age groups.
- By providing leadership for health-related not-for-profit groups in both urban and rural areas.

Programs

- By offering programs and services for area residents who are unable to afford health promotion and disease prevention programs.
- By developing and implementing quality of life, health and wellness services for all ages and disease specific conditions.
- By coordinating and participating with other organizations to improve the health of Kansans.

Research

By providing research and development for the community.