

HISTORY

Dr. Cramer Reed and other community leaders felt there was a need in the Wichita area and rural communities for an organization to promote and actively assist individuals in health improvement. In 1996 Dr. Reed and his team founded Life Strategies, with the specific intent of enhancing the quality of life of underserved persons through research education and program activities which improve lifestyle, behavior and responsible health choices. Awareness about the Foundation and membership building activities began in 1997. In 1999 a grant from the American Cancer Society provided \$4,200 to begin an exercise program for cancer survivors. Health Strategies, the health promotion division of Wesley Medical Center, designed and implemented the programs including pre and post evaluation, exercise and education sessions, along with support group activities. This program continues to operate today as part of Life Strategies Foundation.

A significant event happened in January 2001 as the Life Strategies Foundation assumed ownership of the Health Strategies operations. The Foundation and Wesley Medical Center spent a tremendous amount of time and energy to assure this was a good decision for all parties. Health Strategies began operations in 1980 through an effort of Dr. Reed and Wesley Medical Center. The operation in the basement of a resident's dorm and were focused on employees health and fitness at Wesley Medical Center. In 1982 and 1983 Health Strategies grew through management contracts and partnerships with business and industry. The programs continued to flourish and in 1989 the Health Strategies Plaza was completed at 551 North Hillside. The organization uses this location to operate the Health Strategies fitness and clinical services. Off site services are provided through professional staff and teams that use the Hillside location as its resource base. With this change the Foundation now has tremendous health promotion and wellness potential to make an impact on the organization's mission. Strategies planning, new board members and a defined focus are in place. With the general health status of American continuing to decline, we feel we can make a positive difference in the health of our community and beyond.

GENERAL OVERVIEW

Since its inception in 1980, Health Strategies, operating as the health promotion and perspective medicine division of Wesley Medical Center in Wichita, Kansas, has provided Wesley employees, community individuals, business and industry partners and other hospitals with programs and services designed to meet customer requirements while maintaining the standards of excellence expected in the medical profession. In January of 2001 Health Strategies ownership transferred to Life Strategies Foundation. Continuing resource support from Wesley Medical Center and members of our Board of Directors, with experience and expertise in health management, assists the organization

in maintaining our medical model provider ship. The mission of Life Strategies is "Enabling those we serve to enhance their quality of life through education, programs and services to improve lifestyles, behaviors, and decisions for responsible health choices." We are dedicated to improving individuals and company health, one day at a time, through medically designed and professionally directed programs and services.

PARTNERSHIPS IN HEALTH, FITNESS AND WELLNESS

Health Strategies took the initiative in developing working relationships with the business community as far back as 1982. Our philosophy unites fundamentally sound programming and personnel into corporate or business culture of our partners. This flexibility blends the best of both organizations and allows avenues to best serve the end user in a positive manner. We've provided turn-key health and wellness facility management for organizations in health care, aircraft manufacturing and call centers. Health Strategies developed a comprehensive wellness program for a regional bank that reached 200 branches in 70 different communities in three states. We also worked with an Insurance Group to develop a wellness program at 27 separate school districts in Kansas. An emphasis is placed on partnering and working together in an effort to not only provide a high quality of service, but to deliver the appropriate program that's in the best interest of the business and its employees.

ADMINISTRATION

Health Strategies operations are based at the Health Strategies Plaza, a five-story medical office building located on the Wesley Medical Center campus. This facility is a full service health and wellness center that serves a diverse population. The first floor of the Health Strategies facility offers traditional fitness services including a 25 meter swimming pool, gymnasium, racquetball courts, resistance training area, cardiovascular training area, aerobic studio, locker rooms and class room space. The second floor addresses patient needs for cardiovascular rehab, breathing enhancement, and physical and occupation therapy. The ten laps per mile walking/running track support both clinical and non-clinical participants. The Health Strategies facility has involved into an inviting, non-judgmental health environment with growth in participation from older adults, individuals that are overweight or obese and many participants in chronic disease states.

The resources available at Health Strategies and through Wesley Medical Center allow us to take health management well beyond our walls at Health Strategies Plaza. We believe in a team approach in providing medically prudent programs to our business partners. Our comprehensive team of experts is dedicated to the delivery of programs and services that meet or exceed our customers' expectations. Our professional trained staff at Health Strategies possesses experience, expertise and knowledge for our in-

house customers and supports our outside facility management and health management agreements as well.

Our flexible packaging philosophy works well in multi-site facility programming and allows for individualized programs and services for special cause variation. Health Strategies brings a proven history of success in networking with other organizations as demonstrated through the Kansas Hospital Associations; Kansans Promoting Health, Hospital Corporation of Americas' wellness providers and by walking hand in hand with local community providers of health services.

PERSONNEL

The professional staff at Health Strategies has college degrees in the areas of health, fitness and wellness. They are skilled in wellness planning, program implementation, evaluation and improvement. In addition, employees will display excellent customer relations skills and be responsive to the requests of our customers. Our backgrounds include exercise science, exercise physiology, cardiac nursing, behaviorists and other health care specialists.