

# Balanced Living Community Health Check

1. How interested are you in health and wellness topics on a scale of 1-to-5?

1      2      3      4      5      (1=low; 5=high)

2. Which of the following health issues do you see as most prevalent within your personal, community network?

Stress	Heart Disease	Diabetes
Cancer	Nutrition	Exercise
Smoking	Alcohol	Other Addictions
Depression	Weight Control	High Blood Pressure
Other _____		

3. Which of these health topics are of particular interest to you?

Stress Management	Heart Disease	Diabetes
Cancer	Nutrition	Exercise
Smoking Cessation	Alcohol Recovery	Freedom from other Addictions
Depression Recovery	Weight Control	High Blood Pressure
Other _____		

4. Which of the following workshops or programs would you or someone you know have an interest in attending?

Healthy Cooking Class	Diabetes Lifestyle Intervention
Heart Health	Building Better Habits / Freedom from Addictions
Weight Loss	Exercise Club
Stress Management	Depression Recovery
Smoking Cessation	Other _____

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_