

## PRESS RELEASE



### Wellsource Health Solutions Provides Lifestyle Change Modules to Cooper Corporate Solutions

4/15/09 - Sheboygan, WI - Wellsource Health Solutions, LLC of Sheboygan, Wisconsin, today announced that it will deliver lifestyle modification tools to the clients and participants of Cooper Corporate Solutions, a Cooper Aerobics company based in Dallas. The addition of The Lifestyle Change Modules to the Wellsource® Personal Wellness Profile™ health risk assessment allows Cooper Corporate Solutions to offer additional behavior change products to their corporate clients.

"Nearly everyone in an organization is trying to change some sort of behavior," said Reuben Polk, Senior Vice President for Wellsource Health Solutions. "Whether it is quitting smoking, weight loss, getting fit, reducing alcohol consumption or managing stress, The Lifestyle Change Modules provide the necessary tools to motivate Cooper Corporate Solutions' clients and their participants to enact behavior change."

The Lifestyle Change Modules empower participants to take action and work toward their health and wellness goals through powerful health management programs and tools. The Lifestyle Change Modules help people change the way they think about themselves, their lives, and their lifestyles by teaching personal empowerment principals that are practical and enlightening.

"Our relationship with Cooper Corporate Solutions showcases the very reason we formed a joint venture with our partner Wellsource Inc.," states Patrick Trotter, founder and CEO of Wellsource Health Solutions, LLC. "Our goal is to partner with all of our clients at this level so we can provide a comprehensive assortment of products and tools to accompany the most scientifically researched health risk assessment so many customers have come to rely on."

#### About Wellsource Health Solutions, LLC

Wellsource Health Solutions is a full service international wellness company specializing in the installation of comprehensive corporate wellness programs, founded in 2008 to meet the ever-changing landscape of the health and wellness industry. The combination of two leading health and wellness companies, Wellsource Inc. and Health Solutions Ltd., Wellsource Health Solutions (WHS) offers a one-touch solution to support companies in bringing about and promoting long-term cultural change.

[www.whsusa.com](http://www.whsusa.com).

#### About Cooper Corporate Solutions

Cooper Corporate Solutions, a Cooper Aerobics company based in Dallas, provides customized and integrated risk management services for companies across the country to help control health care costs and improve the health of the entire workforce. Services include an executive risk management program, employee wellness programming and consulting, employee benefits consulting, and executive and employee wellness training. For more information, call 972-560 COOP (2667) or visit [www.cooperaerobics.com](http://www.cooperaerobics.com).