

Building Your Wellness Toolbox – Evaluation, Session 1

Please complete this evaluation for the group session you just participated in. Your responses will help us to understand how best to support wellness among women aged 55+. IHR relies on your honest opinions & suggestions for improving this group offering.

From your participation in this session, please rate how much you agree or disagree with the following statements:

	Strongly Disagree	Disagree	Agree	Strongly Agree
I understand more about the impact stress and pain have on my wellness.	€	€	€	€
I have a better understanding of the connection between pain and stress.	€	€	€	€
I know more about healthy ways to manage and reduce stress.	€	€	€	€

Would you like one of the group facilitators to follow up with you individually about anything discussed today? € Yes € No

➤ If yes, what issues would you like to address with them? _____

Do you need help connecting to any resources or services? _____
