Definition of Wellness

“Wellness is the active process of becoming aware of and making choices toward a more successful existence.”
Bill Hettler, MD, 1977

OUR VISION
To contribute to the health and healing of individuals, families, neighborhoods, and communities within Stockton and San Joaquin County.

OUR MISSION
To provide a variety of education services to San Joaquin County CalWORKs participants that support their entry into the work world, increase their success as employed citizens, and optimize their functioning as individuals, family members, and parents.

LOCATION
Wellness WORKs!
is located on University Park, Stockton, California.
The entrance to University Park is on Magnolia and California Street.

You can contact Elaine Clark, Case Manager at 664-4456

“[Participant Comment]
“This should be the first step in becoming independent and becoming successful.... Without knowing who you are or where you’re going in life, leaves you nowhere.... This class is about knowing who I am.”