

Cascade Personal Wellness

Cascade Personal Wellness (CPW) is a Wellness Coaching program, provided by Cascade Centers, at no cost to you. CPW can help you lose weight, get fit, eat better, quit tobacco, reduce stress, manage certain health conditions, and reach other health goals. You will have unlimited access to a personal Wellness Coach for ongoing motivation.



Take advantage of your Wellness Program Features:



Benefit from unlimited support from your Wellness Coach



Access self-guided, online workshops and tutorials



Use online progress trackers to help you meet your goals



Participate in interactive competitions and campaigns



Access educational tip sheets and recipes



Get discounted gym and fitness center memberships

Get Started Today!

Call: 800-433-2320

Text: 503-980-1777

Log on:

1. Go to www.my-cpw.com
2. Select "Register"
3. Enter your company password



CASCADE CENTERS
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