

HEALTH AND WELLNESS



J. Stuart Poston Center for Health and Wellness

Expert education and instruction will always be on the schedule at the J. Stuart Poston Center for Health and Wellness of Murray-Calloway County Hospital. We will offer a wide array of programs so you can learn more about exercise, nutrition, and general health and safety. You will have the opportunity to participate in aquatics programs for adults and children, aerobics classes for all ages, prenatal/postnatal exercise classes, and much more.

At the Center for Health and Wellness, we believe that a healthy body is critical to healthy living. Good health combines a fit body with an informed mind. By joining our team, you will be taking a significant step on the journey to good health. We will provide you with the motivation and resources you need to increase your stamina, reduce your weight and strengthen your heart

The Center for Health and Wellness MCCH Employee Plan

MEMBERSHIP INCLUDES:

Full use of cardiovascular and weight training equipment, Heated indoor pool, group fitness and aquatic classes, Fitness Evaluation, Health Risk Appraisal and Exercise Prescription, discounts on Nutritional Counseling, Massage Therapy and other services and products!

MEMBERSHIP FEES:

Employees will receive a significant discount.

ANOTHER EMPLOYEE BENEFIT:

If an employee attends an average of 12 times per month he/she will be reimbursed half the monthly due!

LIFE Benefits:

If you qualify for the Physical Activity LIFE tickets by exercising 72 times in the six-month period, you get an additional \$5.00 per month off your insurance premiums.

For more information call 762-1348 or stop by for a tour!