



The Wellness Center is conveniently located inside the Harrison Street Entrance.



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# The Wellness Center

*Improving Health & Preventing Disease*





## Cardiovascular & Pulmonary Outpatient Rehabilitation Programs

These programs focus on improving the health and quality of life of patients with cardiovascular or pulmonary disease. Through a tailored treatment plan, monitored exercise, education and support, the goal is to help patients manage and reduce symptoms, reduce hospitalizations, increase activity, improve functionality with activities of daily living, and maintain healthy lifestyle habits.



## Peripheral Vascular Disease (PVD) Exercise Therapy

PVD is a slow progressive circulation disorder, caused by the narrowing or blocking of a blood vessel. The most common cause of PVD is the buildup of plaque inside the artery wall. Through exercise therapy, patients can help control PVD symptoms and halt its progression, lowering the risk of a heart attack, stroke, or other complications.



## Blood Pressure Clinic

High blood pressure is known as the silent killer because it often goes unrecognized, with no significant signs or symptoms. The goal of the clinic is to identify and monitor high blood pressure, answer questions, and provide advice. The clinic is a FREE walk-in service that is open to the public.



## Diabetes Services

If left untreated, diabetes can damage vital organs like the heart, kidneys, eyes, nerves and blood vessels. Once you have diabetes, it will not go away. Through education and lifestyle changes, you can control it. Wayne HealthCare offers many diabetes programs including FREE Diabetes Education.



## Post-COVID Rehabilitation Program

The Post-COVID Rehabilitation Program is an 8 to 12 week exercise program designed for individuals experiencing the ongoing effects of COVID-19. The goal is to help manage and improve symptoms, build strength and endurance, improve functionality with activities of daily living, and improve quality of life.



## Life Steps Weight Management Program

Designed for individuals struggling to lose weight or at risk for diabetes, this program focuses on lifestyle change, food tracking, setting goals and social support. You'll receive an individual assessment, and participate in group sessions and clinical exercise sessions led by a trained, weight loss health professional to help you manage your weight.



## Clinical Exercise Program

The Clinical Exercise program offers private and group sessions with a certified exercise specialist. Each program is tailored to the individual fitness levels and overall goals of each patient.



## Stepping On Program

Proven to reduce falls by more than 30%, this 7-week, group-based program covers a variety of topics such as strength and balance exercises, medication, vision and community hazards. The goal is to educate and demonstrate safe practices for individuals to implement in their unique settings. Stepping On is for anyone who has had a fall or has a fear of falling and can walk independently (may use a cane or walker). For more information or a class schedule, call 937-569-6504.



## CORE Program (Cardio-Oncology Rehabilitative Exercise)

The CORE Program is a 12-week, low-intensity exercise program designed for those going through cancer treatments or those in remission/recovery. The goal is to prevent or reduce the side effects of treatment, help with pain management, improve functionality with activities of daily living, and improve quality of life.



## Facing Forward Program

This free program is aimed at encouraging and empowering women facing cancer. The 1-hour workshops are designed to help patients learn to cope with appearance-related side effects of cancer treatments. Learn techniques and get tips from volunteer hairstylists, cosmetologists, nutritionists and others. Participants receive a wig and a cosmetic bag full of oncology-safe skincare and other products.



## Tai Chi for Arthritis

Tai Chi is a gentle exercise that offers many health benefits for those with or without arthritis. This 8-week, evidence-based program has been shown to help relieve symptoms of arthritis, improve balance and strength, and help reduce falls. It is a good way to begin exercising or continue your health journey. Taught by a certified Tai Chi for Arthritis Instructor, the exercises can be modified for sitting or standing. For more information or a class schedule, call 937-569-6504.



**For more information about our wellness programs or community outreach opportunities, please contact the Wellness Center at 937.547.5917.**