

The Wellness Exercise Program

at

STURDY MEMORIAL HOSPITAL



We can help you feel better!

- Excess Body Weight
- High Blood Pressure
- Congestive Heart Failure
- Asthma
- Arthritis
- Cardiomyopathy
- Stress
- Inactivity
- High Cholesterol
- General Fatigue
- Sleep Apnea
- Diabetes
- Atrial Fibrillation
- Parkinson's Disease

Let us help you, join our eight week medically supervised, personalized exercise program. The cost of the program is \$150 for eight weeks. Call 508-236-7391 today to register! Scholarships are available.

